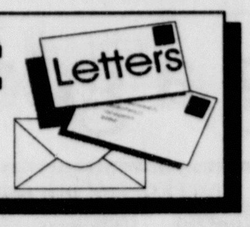


Local Scene
See what's going on!
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YOUR VOICES:
Readers give us their opinions,
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Boy bit:
Rabies concern leads health department to look for German shepard pup. Back page.

THE NEWS-LEDGER

USPS 388-320

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Cents

42nd Year ◆ No. 51 | Serving the West Sacramento Region Since 1964 | Wednesday, August 2, 2006

New tenant at Port of Sacramento?

Sac & West Sac 'tank farms' ready to move

Proponent says new West Sac facility would handle 1.2 million barrels & generate $1 million in local property taxes & leasing fees

A company affiliated with the Wickland Oil Company has submitted a plan to relocate four "petroleum tank farms" from the banks of the Sacramento River to a new terminal on Port of Sacramento land in West Sacramento.

Relocating the large petroleum-products tanks from both the Sacramento and West Sacramento sides of the river has long been considered a key to maximizing the re-use of the riverfront.

The new plan was submitted by SacPort Terminal LLC. The terminal would consolidate the operations of tanks operated by Chevron and ConocoPhillips on the Sacramento side of the river, south of the Pioneer freeway bridge, and Shell and BP/Arco on the east.

A press statement from SacPort Terminal said the tanks could be relocated within three years, freeing up the riverfront for more urban uses.

The tank farms will connect to existing pipelines that bring products from Bay Area refineries.

The proposed West Sacramento site is located near Industrial Boulevard.

When Sacramento's city and county agreed to cede control of the Port to West Sacramento, one hope of some Sacramento officials was that the port would take on the riverfront tank farms from both sides of the river.

City to begin new study of levees

From Art Schroeder
City of West Sacramento

A key objective in the city's flood control strategy is an evaluation of the overall level of flood protection. The first phase of this project will commence on schedule the week of Aug. 14 when drilling rigs begin taking soil samples of selected West Sacramento levee sites along the Sacramento River. The core drilling and soil sampling will continue for approximately six weeks through the end of September. Using recent changes in levee design standards by the U.S. Army Corps of Engineers, the study will help assess the vulnerability of the local levee system to such concerns as under-seepage.

The geotechnical study will focus on levee segments beginning with the southerly city limits, then moving north to the barge canal. The study continues along the city's northeastern levee section, an area approximately between "A" Street and Westlake Drive. Based on history and geography, these segments have been identified as key to the local levee system by Reclamation District 900, the agency responsible for maintaining much of West Sacramento's levee system.

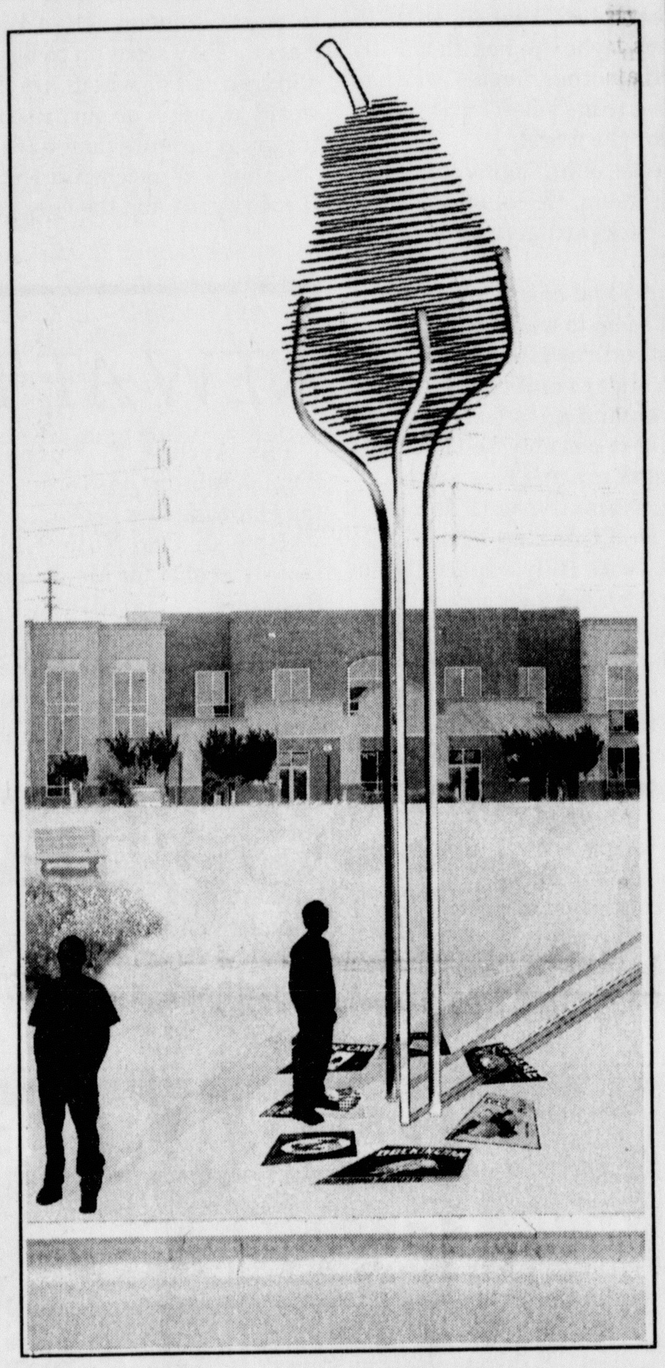
All work performed for this initial analysis will follow Army Corps of Engineers procedures and standards of practice, while providing the data required by the federal government for levee certification. The drill rigs can take soil samples as deep as 140 feet. Though most of the drilling will occur on the landside base of the levee slope, some drilling may occur on the top of the levee, requiring temporary traffic control and safety procedures.

Rather than wait for state or federal agency analysis of local levees, West Sacramento is proceeding with the study to identify possible areas for levee improvements, as well as any needed repair costs. This information can be applied expeditiously when applying for funding assistance.

The West Sacramento Area Flood Control Agency (a joint powers authority between the city and local reclamation districts 900 and 537) will fund the initial phase of the geotechnical study. The city will provide personnel and resources to oversee and manage the contract with HDR Engineering to complete the work. The estimated cost for evaluation of the entire West Sacramento levee system is between $3-$5 million. The city is pursuing state and federal funding to complete the full analysis of the levee system.

The first phase evaluation and analysis report is expected to be completed by the end of January, 2007.

Vision



SIMULATED view of one artist's idea for a landmark piece of public art near the Ikea store -- this work is by artist Cork Marcheschi

■ Winning artwork should reflect West Sacramento's character and be highly visible. It should also not poke somebody's eye out.

By Steve Marschke
News-Ledger Editor

A selection committee has narrowed the choices for a planned piece of "public art" at the Riverpoint Marketplace, home of the new Ikea store. Funded by up to $150,000 in public money from the West Sacramento Redevelopment Agency, and sited on land to be donated by the shopping center's developers, it will be the first major piece of "public art" in the nearly-20-year-old city.

To attract ideas for the art project, the city put out a "request for qualifications" from interested artists, explained the agency's Shanna Zuspan earlier this year.

"We got 46 responses, and we had been expecting anywhere from 30 to a hundred."

A consultant helped winnow the contestants down to a field of 23.

The city's Riverpoint Market Public Art Selection Committee has since narrowed that field down to a group of three recommended finalists and their proposals. The finalists were graded partly on how well the committee felt their proposals achieved the standards set forth by the city, including a need to help create a "pedestrian" experience at the center, fit in with the large scale of the "big box" retail buildings, serve as a landmark possibly visible from I-80, last at least 20-50 years, and present a safe design for kids.

Works by Alber De Matteis, Cork Marcheschi and Gordon Huether will be sent for review by the city arts commission on September 25. The West Sacramento City Council is scheduled to make a final decision in November – after which will come final design work and installation.

West Sacramento does not have a public art ordinance making artwork mandatory on large projects. In this case, the developers agreed to provide the space for artwork that will be paid for by the city.

Council to hear testimony again

Fluoride: debate?

■ City council will likely hear testimony against the plan to add fluoride to drinking water

By Steve Marschke
News-Ledger Editor

After about two hours of discussion on July 19 about the benefits and risks of adding fluoride to drinking water, the city council asked that the matter come back tonight for a more in-depth analysis. Most of the testimony the council heard last time was from public health officials and others who recommended adding fluoride, believing it will improve residents' dental health. Tonight, they may also hear claims that fluoride isn't safe.

At tonight's council session, the city will get help in sorting through the science. Dr. Glennah Trochet, MD, will offer her counsel. Trochet is the health officer for Sacramento County, which tackled the fluoridation issue in 2000 and then opted to pursue a fluoridation program.

Lining up in favor of water fluoridation last week were such agencies as the Yolo County Health Department and Salud Clinic Advisory Board, various medical and dental professionals and County Supervisor Mike McGowan, who reported that the board of supervisors had offered $250,000 in "matching" funding to help make fluoridation in West Sacramento a reality.

Greg Fabun of the city's water treatment department said the city's consultant, Dr. Trochet "has her own opinions" but will be asked to be as objective as possible when serving as the "impartial speaker" tonight.

"We have gone through a lot trying to find an impartial speaker anywhere, who is not tremendously either 'for' or 'against' fluoridation," said Fabun. "That was very, very difficult to do. Everybody seems to have an opinion, one way or the other."

When Sacramento County received testimony on the perceived benefits and dangers of fluoride, said Fabun, Trochet "reviewed all the transcripts, substantiated articles, newspaper articles and everything else" submitted as testimony and "weeded through the stuff to find was substantiated."

Yolo County's health department has endorsed the city's plan, believing it will strengthen teeth in children and help people keep healthy teeth even into old age. During the first hearing on fluoridation, only one resident, Mary Lasell, spoke against the idea.

But this week could be different. One nationally-known anti-fluoride activist told the News-Ledger yesterday that she would make it a point to share what she believes about fluoride.

"I'm going to crawl there if I have to," said Maureen Jones of San Jose.

Jones is a volunteer activist and a member of the "grassroots" group "Citizens for Safe Drinking Water." She said she and her group are not financially supported by any outside group or agency.

"The public is not told that fluoride in children is 87 percent cumulative in the bones and highly cumulative in the pineal gland just outside the brain," she said. "It's highly embrittling of the teeth and bones."

In adult women, she said, accumulated fluoride can double the risk of hip fractures.

Jones also believes that fluoridation of water increases the danger of a kind of bone cancer.

"The (Center for Disease Control) said in 1999 that fluoride never did work by ingestion – we never had to be swallowing it," she added. "Their claim is it works topically."

The county health department previously gave West Sacramento's city council an information packet warning that opponents of water fluoridation relied on "fear" and bad use of science.

West Sacramento's water fluoridation plan involves adding enough hydrofluoric acid to treated water to bring the fluoride level to about one part per million. The program would cost about $800,000 to start, and then about $20,000 annually. Some of the initial costs are expected to be covered by county funds and other outside monies.

. The fluoride discussion will be part of the council meeting beginning at 7 p.m. and held at city hall, 1110 West Capitol Avenue.

Time to reevaluate

A plan to incur a $69 million debt to build campuses believed to be needed over the next decade was put on hold by the Washington Unified School District School Board last week, partly to give new Superintendent Steven Lawrence a chance to examine some of the plans assumptions.

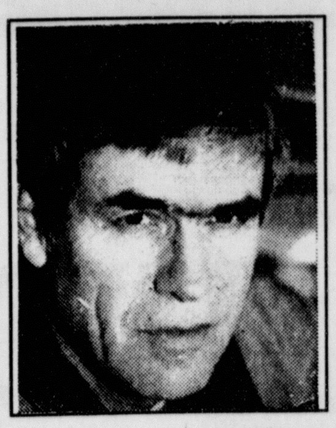
The district will take a fresh look both at the appropriateness of the planned new high school's plans, the need for each of the other planned schools, and the wisdom of financing construction through "certificates of participation" that will use school property as a collateral for loans.

One proposed option had been to seek a new school bond to help pay off that borrowed money.

The News-Ledger did not learn when the facilities and finance plan is scheduled to return to the school board for reconsideration.

Remembering a good & decent man: Bill Nichols

My Back Pages



By Daryl Fisher

I grew up on Michigan Boulevard in West Sacramento. Right across the street from me lived the large Sax family, which seemed to have close relatives all over the neighborhood, including the Crumley family on one end of the block, and the Nichols family on the other. I was never exactly sure how they were all related to one another, but most of their offspring seemed to be rough and tumble boys my age or a little older and I quickly learned that you didn't want to get any of them too mad because then you would have the whole darn clan after you. Anyway, although most of them were as different as night and day, they did all have one thing in common, a passion for sports, especially baseball, and since I shared that passion, I soon found myself on the outer edge of their orbit.

Of all the Sax/Crumley/Nichols offspring, I was most drawn to Billy Nichols, who even at the age of 11 or 12 was already a remarkably kind and gentle soul who had all the qualities I was looking for in a friend. He never lied or talked behind people's backs, he didn't anger easily, he was a very good listener, and best of all, he never, ever tired of talking/playing baseball with me.

Billy's favorite team back then was the St. Louis Cardinals and there was absolutely nothing he didn't know about them. Stan "The Man" Musial was his favorite Cardinal player and throughout his own baseball playing days, Billy always preferred to have the number "6" (which was Musial's number) on his back. In later years, he also became a big Los Angeles Dodgers fan, too, but I slowly forgave him for that because I knew he was related to Steve Sax, the great Dodger second baseman of a few decades ago.

Some years back I wrote a column entitled "The Friendly Confines of Old Nichols Field" in which I recalled the long ago summer days when Billy and I and some of our youthful friends would gather in Billy's backyard for hotly contested games of sockball (none of us had the money to buy a real baseball back then). Billy would take one of his old socks and tie it into a hard knot, and using that as the center, he would shove it into another sock and keep wrapping it back on itself and tying it down with rubber bands until it was rock-hard and the exact size of a baseball. The column ended with the words, "There was nothing more fun in my youth than knocking a sockball around the friendly confines of old Nichols' Field, where the ball really carried well and I could hardly wait to take a swing at one of Billy's hanging curve balls."

This past Sunday afternoon, my home phone rang and on the other end of the line was John Nichols, Billy's younger brother.

"I'm afraid I have some very bad news to tell you," said John, his voice leaving no doubt that something terrible had happened.

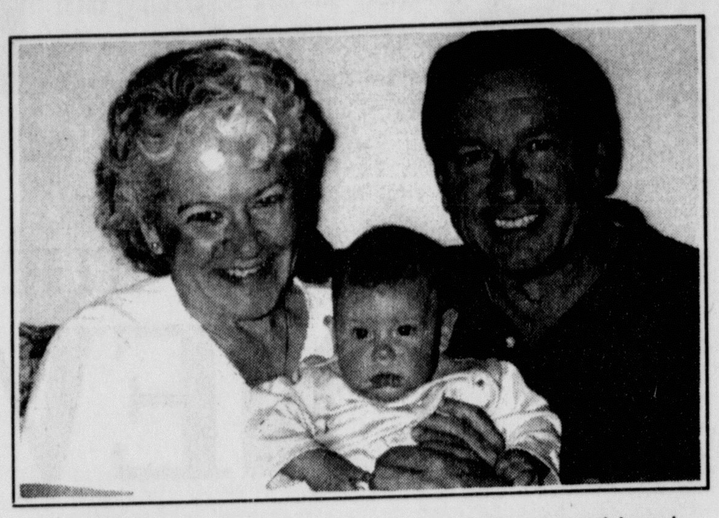
"What's the matter, John?" I asked, immediately thinking that maybe the health of Billy and John's wonderful mother, Lucille, who had always been so sweet to me when I was young, had taken a turn for the worse.

After a lengthy pause, John finally said, "Bill died yesterday afternoon. He collapsed while he was out in his backyard getting ready to mow his lawn."

Although I was sure I had heard John's words clearly, they didn't seem to want to register in my brain. I had just returned from a little visit to the ocean which always makes me feel like God is in his heaven and all is well with the world, so how could it possibly be that Billy Nichols was no longer gracing this earth.

After my phone conversation with John had ended, I found myself thinking back on my youthful friendship with Billy, especially the early days of riding our bikes together and playing catch on the lush green grass that used to grow in front of the old El Rancho Drive-In. And the sleep-overs we used to have at each other's houses where we would play dice-baseball until we were both too sleepy to go on. And the neighborhood garage dances we went to where we would put on our A-outfits and then sweat bullets trying to work up the courage to ask real live girls to dance.

As the memories continued to roll over me, I also fondly recalled our playing together in the same infield (he at 3rd, me at 2nd) on the 1965 James Marshall High School varsity baseball championship team. And that beautiful double play he started in the game against Woodland that clinched first place for us. And what a great line-drive hitter he was, although his famous lack of foot speed meant he was always stretching triples into doubles. And all the fun and laughter we shared in the many classes we had together during our high school years. And how much I always admired his strength of character, his work ethic, his honesty, his easy laugh, and the humble way he went about living his life.



BILL NICHOLS (right) with Karen and their granddaughter, Sage Nichols

After our high school days were over, Billy married his longtime sweetheart and the only girl he ever loved, Karen Sarmento, whose family had deep and rich roots in West Sacramento. He was so crazy about her, and to this day I have never met anyone more determined to marry someone than Billy was to marry Karen. They went on to have four wonderful children, all of whom are doing well in this world, which is no surprise to me considering the great parents they were blessed with.

Hemingway once wrote that, "The world kills the very good and the very gentle and the very brave impartially. If you are none of these, it will kill you, too, but there will be no special hurry."

It is indeed a true tragedy that Billy Nichols has been taken from us much too soon. He will be so incredibly missed by all those who knew and loved him. Truly good and decent men don't just grow on trees you know. And like so many others, my life has been enriched beyond words by just having been able to call him my friend.

Godspeed, Billy.

NEW AT THE LOCAL LIBRARY

The Arthur F. Turner Branch Library has received the following new books:

"How to Con Your Kid: Simple Scams for Mealtime, Bedtime, Bathtime - Anytime!" by David Borgenicht and James Grace.

"The Stolen Prince: Gannibal, Adopted Son of Peter the Great, Great-Grandfather of Alexander Pushkin, and Europe's First Black Intellectual" by Hugh Barnes.

"Unspeak: How Words Become Weapons, How Weapons Become a Message, and How That Message Becomes Reality" by Steven Poole.

"Roadmap to Stardom: How to Break Into Acting in Hollywood" by Rif K. Haffar.

"Fish on a First-Name Basis: How Fish is Caught, Bought, Cleaned, Cooked, and Eaten" by Rob DeBorde.

Call 375-6465 for library information.

Obituaries

Harold William "Bill" Nichols

Bill Nichols was born on April 12, 1947 and passed away at his Orangevale home on July 29, 2006. He was the beloved husband of 39 years to Karen Nichols; the loving father of Kirk (Lynne) Nichols, Adam (Terri) Nichols, Ryan Nichols and Lorraine Nichols; the loving son of Lucille Nichols; the dear brother of John (Penny) Nichols and Suzie (Mike) Bruce; and the devoted grandfather of Sage, Aubrey and Gavin. Bill is also survived by numerous aunts, uncles, nieces, nephews, cousins and loving friends. He was preceded in death by his father, Butch Nichols, in 1993.

Bill was a 1965 graduate of West Sacramento's James Marshall High School and went on to have a very successful career in auto parts management. He was an avid fan and scholar of baseball and his hobbies included hunting, fishing, and repairing unbroken items. He was an expert father and papa who was genuinely proud of his children, and a devout Catholic who always knew what was right.

Visitation hours will be on Thursday, August 3, 2006 from 2-8 p.m. in the River Cities Funeral Chapel, 910 Soule Street in West Sacramento, with recitation of the Rosary that same evening at 7 p.m. in the chapel. A Mass of Christian Burial will be offered for the repose of his soul on Friday, August 4, 2006 at 10 a.m. in Our Lady of Grace Catholic Church, 911 Park Boulevard in West Sacramento. Interment will be at St. Mary's Cemetery in Sacramento. Memorials are preferred to Loaves & Fishes or WIND Youth Services.

Richard Rossland Ringer

Richard Ringer was born on August 1, 1931 in French Camp, California, and passed away on June 23, 2006 in Sacramento. He was a 50-year resident of Yolo County and a decorated veteran of the Korean War. He is survived by a niece and nephew.

Richard was buried in the San Joaquin National Cemetery. Arrangements were handled by the North Sacramento Funeral Home.

The News-Ledger

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The News-Ledger is a weekly newspaper published every Wednesday. It provides coverage by mail and other distribution to the city of West Sacramento, including the communities of West Sacramento, Bryte, Broderick and Southport.

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Daryl Fisher, Features Editor
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News submissions: The *News-Ledger* welcomes information on local news and events. Please submit written news items to the below address by mail or in person, or through the office mail slot. News deadline is Friday before publication. Please include your name for attribution and your phone number in case we have any questions.

Opinion submissions: Letters to the Editor on topics of local interest are welcome. They must be signed, original, and must include the author's telephone number and address for verification. Letters should be brief and may be edited for length or objectionable or libelous content. Deadline is Friday before publication, and letters may be mailed or dropped off at the *News-Ledger* office.

Advertising: The deadline for classified advertisements is Monday at 5 p.m., and ads should be prepaid. An ad of up to 25 words costs $3.50, plus 10 cents for each additional word, per publication. Please mail ad and payment to the address below, or drop it off in the *News-Ledger* office or through the office mail slot.

Deadline for all other advertising is 5 p.m. on Friday. Please call 371-8030 for information on display advertising and advertising inserts.

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Bryte	9	$599,000	$249,279	$310,000
Southport (built prior to 2000)	33	$875,000	$239,900	$350,000
Southport (built after 2000)	162	$1,299,900	$350,000	$479,450

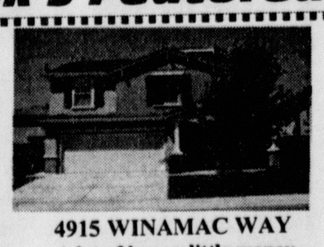
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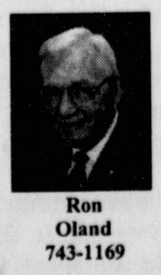


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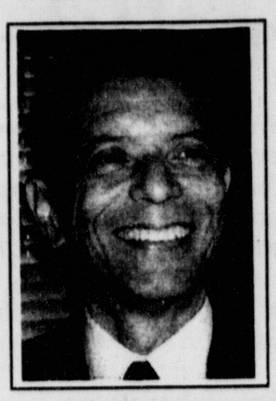
Bill Ruckert 425-8711



Daniel Jerrett 215-1920

SPORTS INSIDER

By Richard Novoa



By Richard Novoa

The weather was perfect for the record crowd of over 14,000 well-behaved soccer fans who packed Raley Field last Sunday to enjoy a beautiful day of Hispanic celebration and to watch soccer at it best. Raley field was converted into a beautiful soccer pitch to stage the finals of the Copa Tecate tournament and to host a professional exhibition match between two of Mexico's most beloved teams.

Los Rayados of Monterrey, Mexico beat *Cruz Azul* of Mexico City 4-2 in a day that local soccer lovers will never forget. It was a history-making event for the Sacramento area with two of Mexico's top first division teams making Raley Field their last stop before they return to Mexico to open up their regular season next week.

Heineken USA teamed up with local radio station Ke-Buena (97.9) to bring Sacramento the Copa Tecate regional finals featuring 11 of the top teams in the Western Region of the United States to compete for the opportunity to advance to the national championship, where one team will win the title of best Hispanic amateur soccer team in the U.S.A. plus a $15,000 cash prize. The second place team will receive $7,500; third place $5,000 and fourth place will pocket $2,500 dollars.

Copa Tecate is the largest Hispanic amateur soccer tournament in the nation. Since February, more than 2,700 teams and 45,000 players from 22 cities across the nation have been playing matches to narrow the field to one team from each city that moved on to the Eastern and Western semi-finals taking place in Chicago and Sacramento, respectively.

San Jose won the Western Regional Tournament at Raley Field and will travel to the finals with all expenses paid by Heineken USA for the national championship game, which will be played in Dallas on August 26th at Pizza Hut Park in Frisco, Texas.

After a full day of soccer, Tecate and Ke-Buena presented the crowd with a concert featuring music by Jenni Rivera that culminate with a firework display as the grand finale for the weekend celebrating soccer and Hispanic culture.

Diamond Notes

The Giants (51-56) are home this week playing against the Washington Nationals and the Rockies but are still in the mist of a contagious 8 game losing streak. The Giants return home this week after a horrible road trip that plunged the G-Men into fourth place in the wild weak West.

Some bad news for the Giants as their catcher Mike Matheny is out for the rest of the year after suffering from a bad concussion. The Giants traded for reliever Stan Stanton to help out closer Armando Benitez, who has blown his last three save opportunities.

No major trades for either Bay Area teams as rumors floated around the league with Barry Zito's name at the top of every pitching-hungry team's shopping list.

The A's (56-50) are still leading the pack in the AL West by one game but the Rangers and Angels are hot on their trail. The Angels and A's will go head to head this week in Disneyland and then head up North to Seattle for a weekend series with the Mariners.

NFL Notes

Are you ready for some Football! Yes, the NFL season kickoffs this Sunday in Canton, Ohio with the Oakland Raiders tackling the Philadelphia Eagles in the Hall of Fame game (5 p.m.).

Korner Kicks

The Sacramento Knights returned from their trip to Madison, Wisconsin last Saturday with the National Premier Soccer League Championship trophy beating the Princeton 56ers 2-0. Anthony Chimienti lead the way for the Knights earning the NPSL golden boot award scoring 12 goals.

Enjoy your day – see ya next week!

Two Yolo men have West Nile: no spraying in West Sac yet

The Yolo County Health Department has received confirmation of the first human cases of West Nile virus this year in Yolo County. The affected people are men in the 18-50 age group, and are residents of Davis and Woodland.

"With confirmation of the first two cases of West Nile virus to have been contracted in Yolo County, we remind the public to be vigilant about protecting themselves against mosquito bites, which is the method of transmission of West Nile virus to people," said Yolo County Deputy Health Officer Christian Sandrock, M.D. "By making weekly checks of their yards and draining standing water, residents can help cut down on mosquito breeding areas. Precautions such as wearing protective clothing and using bug repellents that contain DEET will reduce the risk of mosquito bites."

People typically develop symptoms between three and 14 days after they are bitten by an infected mosquito. Approximately 80 percent of people (about 4 out of 5) who are infected with West Nile virus will not show any symptoms at all. Up to 20 percent of people who become infected have symptoms such as fever, headache, and body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms can last for as short as a few days, though even healthy people have become sick for several weeks.

About one in 150 people infected with West Nile virus will develop severe illness. The severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent. People over the age of 50, diabetics and those that suffer from hypertension are more likely to develop serious symptoms of West Nile virus if they do get sick and should take special care to avoid mosquito bites.

The Sacramento-Yolo Mosquito & Vector Control district on Monday announced that aerial spraying to control mosquitos is planned for the cities of Davis and Woodland this Thursday and Friday evenings. The plan is based partly on surveillance data including dead bird reports, mosquito samples, "sentinel" chickens and human infection cases. West Sacramento is not scheduled for spraying at this time.

The best way to prevent West Nile virus infection is to prevent the bite of an infected mosquito. Following the 7 D's decreases the risk of mosquito bites, says the health department:

DRAIN any standing water that may produce mosquitoes.

DAWN and DUSK are times to avoid. These are the times when mosquitoes are most active.

DRESS appropriately by wearing long sleeves and pants when outdoors.

DEFEND yourself against mosquitoes by using an effective insect repellent, such as DEET, Picaridin or Oil of Lemon Eucalyptus. Make sure you follow all label directions!

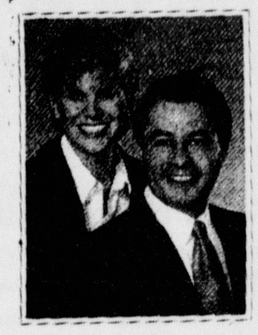
DOOR and window screens should be in good working condition. This will prevent mosquitoes from entering your home.

DISTRICT personnel are available to address any mosquito problem you may be experiencing by calling 1-800-429-1022.

The Sacramento-Yolo Mosquito and Vector Control District has been performing extensive control measures in and around Yolo County to reduce both larval and adult mosquitoes, and will continue to do so to minimize adult mosquitoes carrying the disease.

For additional information on West Nile virus, visit the following Web sites, or contact the Sacramento-Yolo Mosquito and Vector Control District at 1-800-429-1022.

YOLOBUS to Sac. Airport
371-2877



JINA & PERRY PALAMIDESSI
West Sacramento's #1 Agent Team
2105 Town Center Plaza, Suite 120
West Sacramento, CA 95691
E-mail: pjp@golyon.com
MLS
Perry: 916•425-1270
Jina: 916•425-0426
Fax: 916•374-9099
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Now here's a tip! by Jo Ann Derson

- According to researchers, you'll burn more calories on the treadmill than on other cardio machines. Next in line, in order, are stair-climbing machines, elliptical trainers and stationary exercise bikes.
- "Reinforce reading by requiring a set amount of reading time before any other electronic media are used. Be sure to discuss what was read in order to bolster comprehension and speaking skills." — A teacher, via e-mail
- "File it under gift ideas! To keep family members happy when occasions for gift-giving come along, whenever we see a picture or hear of a product that we would like to have, we clip the photo, note any additional information and stick it in the gift idea file we have set up for each family member. When birthdays, holidays and special occasions roll around, it's easy to remember what types of things that person might want to have." — L.H. in Florida

Sports QUIZ
by Chris Richcreek

1. Who was the last player to lead a league in home runs and RBIs and be named the league MVP in the same season?
2. Name the last team before the 2005 Chicago White Sox to have its pitchers record at least four consecutive complete games in the postseason.
3. Who holds the NCAA Division I rushing record for most 100-yard games for a career?
4. Name the first four NBA players to have at least 10,000 points, 7,000 assists and 5,000 rebounds for a career.
5. In 2003-04, Calgary's Miikka Kiprusoff had the lowest goals-against average (1.69) in the NHL since the 1939-40 season. Who had the low average back then?
6. How many consecutive World Cups has Japan's men's soccer team played in?
7. In 1994, Michael Moorer became the first left-handed boxer to hold a major heavyweight championship belt. Whom did he beat?

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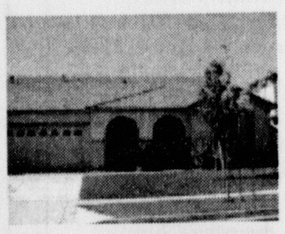
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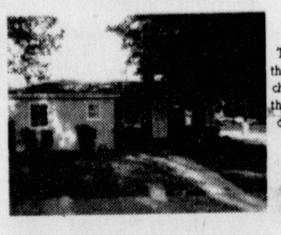
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Chris Palamidessi
916-834-7003



MANAGER
Herb Cross
530-848-7281



TRANSACTION COORDINATOR
Kim Gould
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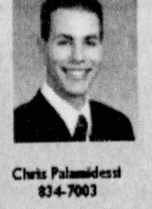
Terrell Lowery
849-3689



Jerry Mason
804-0166



Victoria Millan
955-4044



Chris Palamidessi
834-7003



Jina/Perry Palamidessi
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Jim Platt, SR
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Juan Ramirez, JR
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Vicki Thomson
530-219-4364



Eva Tralle
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'ACROSS THE BRIDGE':

Events around the West Sacramento region

White elephant sale

A huge white elephant sale will be held on August 6th from 9 a.m. to 1 p.m. at the Shepard Garden and Arts Center, 3330 McKinley Boulevard in Sacramento. On sale will be handyman tools, collectible dolls, sporting goods, garden tools, jewelry, household items, books, toys, and much more. Lots of great bargains and everything must go. Call 264-8800 for more information.

Old City Cemetery tour

A tour of the Old City Cemetery, located on Broadway and 10th Street in Sacramento, will be held on August 5th ("Brewers and Ball Players"). The tour commences at 10 a.m. from the cemetery's main gate and is held under the auspices of the City of Sacramento Division of History and Science. The tour is free though donations for restoration of the cemetery are greatly needed and appreciated. For more information call 448-0811.

Glass, china and pottery sale

The 70th Semi-Annual Glass, China and Pottery Show and Sale will be held August 5-6 at the Sacramento Scottish Rite Temple, 6151 H Street in Sacramento. A portion of the proceeds go to the Sacramento public libraries. For more information call 456-2280.

Business networking

Business Network International, a networking organization specializing in business referrals among members, has a new chapter in Davis which meets at 7 p.m. every Wednesday in the conference room behind Tandem Properties, 2500 Anderson Road in Davis. Anyone who is interested in generating a steady source of referral business is welcome to attend. For more information, call 205-9294.

Crocker ceramics exhibition

Beginning July 22nd the Crocker Art Museum, located at 216 O Street in Sacramento, will feature *Craters from Fire: Ceramics by James Lovera*, a comprehensive exhibition of ceramics by the native California artist. More than 50 works in stoneware and porcelain will be on display. For more information call 264-5433 or visit crockerartmuseum.org.

Camp Sacramento

The City of Sacramento Department of Parks and Recreation's Camp Sacramento is the perfect affordable family vacation. Supervised recreation programs with friendly and entertaining staff and a beautiful setting are currently available for mid-June to mid-August. Camp Sacramento is located in the El Dorado National Forrest where you will be able to explore nearby forests and streams or simply just relax. To register or for more information on fees, call 808-6098 or email campsacramento@cityofsacramento.org.

Antique quilts

The Folsom History Museum will hold their 26th Annual Antique Quilt and Vintage Clothing Show from July 29 to August 30. "Women's Work" is this year's theme and over 40 antique quilts will be featured. For information about admission prices and exhibit hours call 985-2707.

The Folsom History Museum is located at 823 Sutter Street in Folsom.

Free job training

The Sacramento County Office of Educational Regional Occupational Program (ROP) is offering tuition-free career preparation training to both adults and high school students in fields such as automotive mechanics and collision repair, computer and business technology, hospital and community health, building repairs and dental assistance. Classes are held throughout the Sacramento region. For registration information call 228-2721, or go online to www.sacrop.org.

Down syndrome

The Down Syndrome Information Alliance Education Series features programs on the first Tuesday of each month with the hope of improving the knowledge of individuals and families affected by Down syndrome. Experts in education, advocacy, health care, etc., make presentations and a free light dinner and childcare is provided. The Down Syndrome Information Alliance meets at the Sutter Cancer Center, 2800 L Street in Sacramento. For more information, call 658-1686 or visit www.downsyndromeinfo.org.

Alzheimer's society meets

The Alzheimer's Aid Society of Northern California Support Group for the Memory Impaired will meet the 2nd and 4th Wednesday in August at 10:30 a.m. at the Alzheimer's Aid Society Office, 2641 Cottage Way, Suite #4 in Sacramento. For more information on other related groups and meetings, call 448-7001.

Widowed persons meet

The Widowed Persons Association of California encourages widowed men and women to come to Sunday Support get-togethers each Sunday from 3-5 p.m. at the Widowed Persons Association office, located at 2628 El Camino Avenue, Suite D-18.

Activities include bowling, brown bag opera, needle and thread, breakfasts, dinners, golf, card games, dancing and traveling. For more information, call 972-9722.

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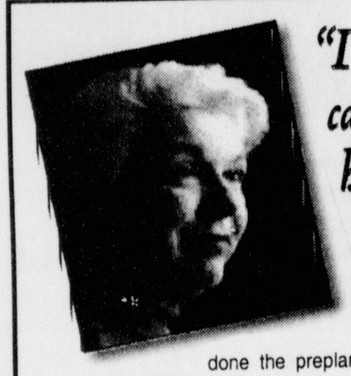
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"I assumed they'd take care of my husband. I had no idea how well they'd take care of me."

Ed's death wasn't unexpected. But it was still hard on all of us. Fortunately, Ed had done the preplanning so all the important arrangements were already taken care of. But what surprised me was how much support and attention the funeral home gave me. They reassured me when I had questions, listened to me when I had something to say, and left me alone when I needed time alone. I can't say it was easy. I can't imagine it ever is. But I believe it was as easy as it could be. And for that I'm grateful.

River Cities Funeral Chapel
(916) 371-4535
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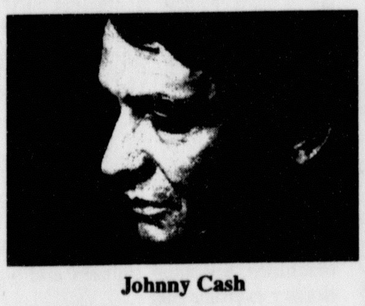
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Chartbusters

Top 10 Pop Singles

This Week ..... Last Week

1. **Nelly Furtado feat. Timbaland** ..... No. 1
"Promiscuous" (Mosley)
2. **Gnarls Barkley** ..... No. 3
"Crazy" (Downtown)
3. **Cassie** ..... No. 4
"Me & U" (Next Selection/Bad Boy)
4. **Shakira feat. Wyclef Jean** No. 2
"Hips Don't Lie" (Epic)
5. **Yung Joc** ..... No. 5
"It's Goin' Down" (Block/Bad Boy South)
6. **Rihanna** ..... No. 8
"Unfaithful" (Next Selection/Bad Boy)
7. **Christina Aguilera** ..... No. 6
"Ain't No Other Man" (RCA)
8. **Lil Jon feat. E-40 & Sean Paul of the YoungBloodZ** ....No. 9
"Snap Yo Fingers" (BME)
9. **Chamillionaire feat. Krayzie Bone** ..... No. 7
"Ridin'" (Universal Motown)
10. **The Fray** ..... No. 11
"Over My Head (Cable Car)" (Epic)



Johnny Cash

Top 10 Albums

1. **Johnny Cash** ..... new entry
"American V: A Hundred Highways" (American/Lost Highway)
2. **Nelly Furtado** ..... No. 3
"Loose" (Mosley/Geffen)
3. **India.Arie** ..... No. 1
"Testimony Vol. 1, Life & Relationship" (Universal Motown)
4. **Dixie Chicks** ..... No. 4
"Taking the Long Way" (Columbia)
5. **Gnarls Barkley** ..... No. 6
"St. Elsewhere" (Downtown)
6. **Rihanna** ..... No. 5
"A Girl Like Me" (SRP/Def Jam)
7. **Rascal Flatts** ..... No. 7
"Me and My Gang" (Lyric Street)
8. **Soundtrack** ..... No. 9
"High School Musical" (Walt Disney)
9. **Dashboard Confessional** ..No. 2
"Dusk and Summer" (Vagrant)
10. **Rise Against** ..... new entry
"The Sufferer & The Witness" (Geffen)

Top 10 Hot Country Singles

1. **Brad Paisley** ..... No. 2
"The World" (Arista Nashville)
2. **Kenny Chesney** ..... No. 1
"Summertime" (BNA)
3. **Carrie Underwood** ..... No. 3
"Don't Forget to Remember Me" (Arista)
4. **Toby Keith** ..... No. 4
"A Little Too Late" (Show Dog Nashville)
5. **Rodney Atkins** ..... No. 6
"If You're Going Through Hell (Before the Devil Even Knows)" (Arista Nashville)
6. **Phil Vassar** ..... No. 5
"Last Day of My Life" (Arista Nashville)
7. **Gary Allan** ..... No. 9
"Life Ain't Always Beautiful" (MCA Nashville)
8. **Rascal Flatts** ..... No. 10
"Me and My Gang" (Lyric Street)
9. **Tim McGraw** ..... No. 7
"When the Stars Go Blue" (Curb)
10. **Little Big Town** ..... No. 11
"Bring It On Home" (Equity)

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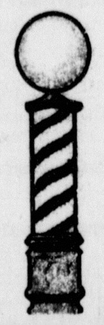


Do you know who this early resident of West Sacramento is?

Visit the West Sacramento Historical Society Museum & Visitor's Center to find out!

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News-Ledger Directory of Local Places of Worship

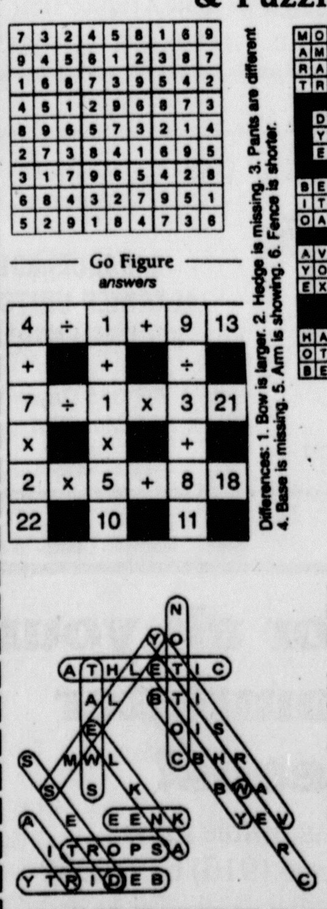
Anna Street Baptist Church Rev. Norman Pollitt, 371-6560 1400 Anna St., W. Sac. Sunday School 10 a.m. Sunday Worship 11 a.m. Prayer Time 6:30 p.m.	**Community Lutheran Church** Rev. Marjorie C. Beach, Pastor 920 Drever St. ■ 371-8804 10 a.m. Worship/Sunday School Friendly, family, inclusive language. The 'come as you are' church.	**Our Lady of Grace Catholic Church** 911 Park Blvd., 371-4814 Father Jos. Karikattil, Pastor Masses: Sat. Vigil 5:30pm Sunday 9 & 10:30 a.m. Weekdays 7 a.m. No Mass on Thursday
Center for Spiritual Awareness 1020 W. Capitol Ave., 374-9177 Sun. services 9 & 11 am Meditation at 10:30 a.m. Praise & worship 10:45 a.m. Junior church for all ages at 11 am	**Church of Jesus Christ of Latter Day Saints** 2667 Linden Road Bishop Ray Jackson, (916) 372-1113 Sunday Meeting Times: Sacrament Meeting, 9 a.m. PUBLIC WELCOME!	**Seventh Day Adventist Church** Frank Hightower, Elder 519-5329 2860 Jefferson Blvd., W. Sac. PO Box 447, W. Sac. 95691 Sat. Sabbath School 9:30 a.m. Worship 11 a.m. 372-6570
Trinity Presbyterian Church 1500 Park Blvd., W. Sac. Rev. Steve Whitney (916) 371-5875 9am: Family-Friendly Contemporary Service 11am: Blended Traditional & Contemporary Service	**Holy Cross Catholic Church** 1321 Anna St. (near Todhunter) Pastor Giancarlo Mittempergher Sat. Vigil 5 p.m. (English) Sunday 9 (English) Noon & 7 p.m. (Spanish) Mon 8:30am, Tues-Wed 7am, Thurs. 6:45 (Spanish), Fri. 8:30 a.m. Call 371-1211	**First Southern Baptist Church** Rev. Gregory W. Kirk Sun. School 9:30 a.m. Sun. Worship 11am Wed. 6:30pm Prayer Meeting & Bible Study 2124 Michigan Blvd. 371-2111
SouthPort Community Church Pastor Bruce Maier Celebration Worship Sunday 10:30 a.m. KidLand during service. Youth & Small Group Ministry for All Ages. 1350 Halyard Dr., W. Sac. 372-7818 www.southportcommunity.com	**WestSide Covenant Church** Worship Services at Collings Teen Center 1541 Merkley Ave. Sundays 10 a.m. & 6 p.m. www.westsidecov.org 371-3933	**New Discovery Christian Church** Now meeting at Elkhorn Village Elementary School, 750 Cummins Way, West Sac. at 10:30 a.m. Pastor Jerry Green (916) 600-3784
Horizon Christian Fellowship Rev. Claude J Perez, Sr., Pastor 1800 Manzanita Way, 371-3458 SUN Worship 9:30 & 11 am SUN Worship & Prayer 6pm WED Bible Study 7pm THURS Youth Group 7pm 1st & 3rd FRI Singles 7pm 2nd FRI Women's Fellowship 7pm	**Radiant Life Church of West Sacramento** 3605 Gregory Ave (in Southport, where Jefferson, Davis & Gregory meet) Worship Sun. 10 a.m. Youth Tuesday 6:30 p.m. Call 371-6706	*Is your worship center listed here? Call 371-8030 to find out how to list your place of worship.*

ANSWERS to Sports Quiz (P. 3) & Puzzles (P. 8)

Go Figure answers

4	÷	1	+	9	13
+		+		÷	
7	÷	1	x	3	21
x		x		+	
2	x	5	+	8	18
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Differences: 1. Bow is larger. 2. Hedge is missing. 3. Pants are different 4. Base is missing. 5. Arm is showing. 6. Fence is shorter.



Answers

1. Ken Griffey Jr. of Seattle in 1997.
2. The 1956 New York Yankees had five — Whitey Ford, Tom Sturdivant, Don Larsen, Bob Turley and Johnny Kucks.
3. Memphis' DeAngelo Williams had 34 100-yard games for his college career (2002-05).
4. Magic Johnson, Jason Kidd, Oscar Robertson and Lenny Wilkens.
5. Dave Kerr of the New York Rangers had a 1.54 goals-against average.
6. Three — 1998, 2002 and 2006.
7. Evander Holyfield, for the WBA and IBF belts.

Walks of life



BRITTANY SOTO (right) with co-worker Liliana Guerra

BRITTANY SOTO, age 17
Employee of Marble Slab Creamery at the Nugget Center in West Sacramento, and a student at Delta High School in Clarksburg

What will you be doing when you're 35?
"Designing clothes. That's what I want my career to be. I got interested in fashion magazines. I'll be living locally – I've always been here."

Surviving the heat

From Cheryl Boney
Deputy Director of Public Health Programs
County of Yolo

Summer heat waves can be dangerous. People normally cool their bodies by sweating, but sometimes this isn't enough during high heat times. It then causes the body temperature to rise, and this can cause serious illness or even death.

So whether at play or work, it is important to prevent summer heat injuries, and also be watchful for symptoms that show you, a family member or coworker may be at risk of heat injury.

Here are 10 things you can do to prevent summer heat injuries:

1. Drink extra non-alcoholic fluids. In hot weather, you should always drink more fluid than your thirst would indicate. To keep up with your fluid needs with heavy exercise/activity during hot weather, you should drink 2-4 glasses (16-32 ounces) of fluid per hour.
2. Replace salt and minerals. Heavy sweating can remove salt and minerals from the body. Drinking a fruit juice or sports beverage before or during activity will help replace these nutrients. Consult with a doctor if you have been told to not eat much salt.
3. Wear appropriate clothing and sunscreen. Sunburn can effect your body's ability to respond to high heat, so be sure to wear sunscreen when outdoors, and light weight clothing.
4. Pace yourself. Start activity slowly, and increase to a level you can handle. If you have shortness of breath, or other symptoms, get in the shade and rest.
5. Stay cool indoors. If you can, be in an air conditioned building. Once the temperature reaches the high 90's, fans alone will not be effective.
6. Be careful with scheduling outdoor activities. Try to schedule activities in the morning or evening when temperatures are not at their peak. Rest frequently in the shade, and drink fluids.
7. Use a buddy system. If you are working or playing outdoors, have a buddy who keeps an eye on you, and you on them for possible heat injury symptoms. If you know someone who is elderly or homebound, check in with them to make sure they're okay.
8. Check on those at risk. Some folks may be at higher risk of heat injury. They include: people over 65 years of age, children up to 4 years old, people who work outdoors, those who are overweight, and people who are ill or may be on certain medications that can effect their ability to handle fluids.
9. Adjust to the environment. When heat temperatures increase suddenly, your body needs time to adjust to the changes. Take things slowly and increase your activity slowly over several days.
10. Use common sense. Don't leave infants, children, and pets in vehicles which can heat up quickly inside. Limit sun exposure during the heat of the day, dress children in loose clothing and use hats or umbrellas to shade them. Ensure that infants, children and pets drink plenty of fluids.

What are the signs of heat stroke or heat exhaustion?

Heat stroke happens when the body can't control its temperature. The body temperature rises rapidly, the ability to sweat stops, and the body can't cool down. Heat exhaustion happens when the body has a lot of fluid and salt loss.

Warning signs of heat stroke vary, but include: an extremely high body temperature (higher than 103 F); unconsciousness, dizziness, nausea and confusion; red, hot and dry skin (no sweating); rapid, strong pulse; and throbbing headache.

Heat exhaustion symptoms may include heavy sweating; muscle cramps; weakness; headache; nausea or vomiting; and paleness, tiredness, or dizziness.

If you see any of these signs in someone, it may be a life threatening emergency. Have someone call for help while you begin helping the person cool down.

Move them to a shady area. Cool them quickly using whatever method you can, such as immersing them in cool water or put in a cold shower, spray with cool water from a garden hose. Monitor their body temperature and continue cooling efforts until their temperature drops to 101-102 F.

Get medical assistance as soon as possible.

These self help measures can help you identify and assist someone having heat trouble, but they are not a substitute for medical care.

Our best defense is to prevent heat related illnesses, and can help us stay healthy during hot weather.

For further information, go to: http://www.dhs.ca.gov/opa/FactSheets/pdf/ps18.pdf

POLICE LOG

July 21, 2 p.m.
An officer saw a 52-year old homeless woman near the Broderick Boat Ramp, and recognized her as a parolee who had told him before that she would "always be absconding" from parole officials. She appeared to be under the influence, and admitted drinking a 40-ounce beer about an hour prior. The officer checked with Sacramento Metro's parole office, which reported that the parolee was indeed out of her authorized area. She was arrested, and said she would never cooperate with parole officers as she did not want to be told what to do.

July 27, 7:17 a.m.
A shop on the 3200-block of West Capitol reported that vehicles had been vandalized for the fourth night in a row.

July 27, 12:08 p.m.
A two-car collision was reported near Lake Road and Enterprise Blvd. One car was in a ditch.

July 27, 1:09 p.m.
A Seaport Blvd. business reported that it had detained two subjects who had been taking palets. The pair were described as uncooperative and at risk of fleeing before police arrived, but the caller provided their vehicle description and license plate number.

July 27, 1:49 p.m.
An officer found a vehicle that appeared to have rolled out of a driveway on Todhunter Avenue, blocking one of the road's lanes. The officer couldn't move the vehicle and no one answered at the door of the residence, so the officer ordered the pickup truck to be towed. The owner later called and tried to report the vehicle as stolen.

July 27, 5:34 p.m.
A foster parent reported that a 17-year old girl was becoming out of control. She was "bipolar" and tends to become violent when she starts behaving this way, police were told. The adult had "removed all the knives from the kitchen" and wanted the police to respond before things got worse.

July 28, 10:36 a.m.
An Elliot Street home was reported to have been visited by a thief, who took loan documents, a laptop computer and a "weed whacker."

July 28, 12:30 p.m.
A Lighthouse Drive woman told police she had applied for a loan online and made $1,100 in pre-loan "security payments" including one sent by wire to an account in Canada. But she never received the loan. A fraud report was taken.

July 28, 1:41 p.m.
A Kelly's Island Road couple reported being the victims of identity theft crimes.

July 29, 12:11 a.m.
On the 900-block of Sacramento Avenue, a caller reported a break-in. The sound of breaking glass could be heard in the background of the call from the business. Responding police arrested two 19-year old West Sacramento men, charging them with stealing merchandise and then fleeing from officers. One had a glass drug pipe in his pocket.

July 29, 7:39 a.m.
On Fallbrook Street, a vehicle was reported to have been vandalized during the night. Windows were smashed, wires were tampered with – and a sex act had apparently occurred in the vehicle.

July 29, 11:01 a.m.
A woman reported that her boyfriend had hit her, tried to stab her and her one-year old child, and tried to choke her. The man was found and arrested.

July 29, 1:39 p.m.
A man and woman who both worked at the stadium argued. He took her vehicle, assaulted her and fled to Sacramento, and phoned her several times. She reported the vehicle stolen.

July 29, 4:03 p.m.
A vehicle had just hit a parked car near Betty Way and Summerfield Drive. There were no injuries, but the driver was now attempting to leave the scene, said a caller.

July 29, 5:24 p.m.
A West Capitol Avenue supermarket reported that a shoplifter was being detained.

July 29, 8:09 p.m.
A driver told police that a motorcyclist had just hit his state-owned vehicle on La Jolla Street. The biker apparently suffered only scrapes, but a police report was needed by the caller to provide to the state.

July 30, 7:29 p.m.
An officer contacted a 25-year old Sacramento man on railroad property near 3rd and C streets. During a pat-search, the officer found a loaded .357 magnum revolver in the subject's possession. The man was arrested.

Fluoridation program is on agenda for city council this evening

The West Sacramento City Council will meet in open session at 7 p.m. tonight at the civic center, 1110 West Capitol Avenue.

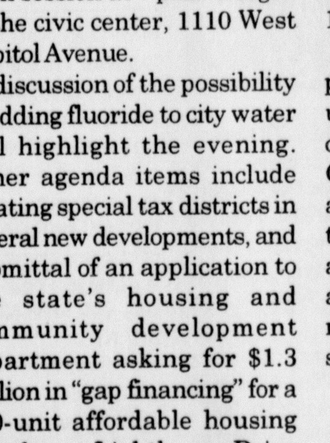
A discussion of the possibility of adding fluoride to city water will highlight the evening. Other agenda items include creating special tax districts in several new developments, and submittal of an application to the state's housing and community development department asking for $1.3 million in "gap financing" for a 120-unit affordable housing complex at Lighthouse Drive and Douglas Street; a public hearing on weed abatement charges for private parcels; and several other items.

The West Sacramento Planning Commission will meet tomorrow at 6 p.m. at 1110 West Capitol Avenue.

Agenda items include a public hearing on a conditional use permit for a temporary day care facility at First Baptist Church on Delaware Street, approval of a permit to exceed the allowable floor area ratio for a duplex at 4th Street, and approval of a vesting tentative map for a gated eight-acre subdivision on Linden Road.

THE OBSERVATION DECK

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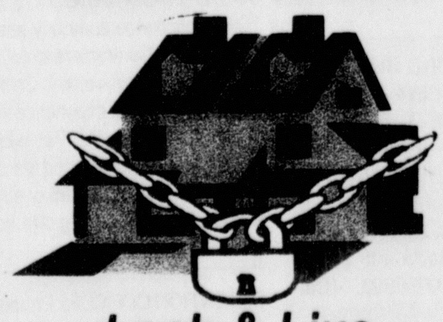
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43tfn

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51

BEAUTIFUL WESTMORE OAKS HOME: 1509 Norfolk Ave, $375,600. All you need to do is move in! Custom brick home (1400sq ft) has 3 bdrms, 2 full baths. Custom brick patio, large lot. Living room with fireplace. Hrdwd floors. Central heat/air. 2-car detached garage. Call JOHN KANE, 916-373-5300, Parkside Property.
47tfn

MOVE RIGHT IN. 1048 Charles St., $297,000. Great opportunity for this 3 bdrm, 2 bath home. Large lvg rm with brick fireplace. Kitchen updated & remodeled w/ new gas range & tile countertops. Newer thermo pane windows. Big 2-car garage w/new garage door. Freshly painted in & out. New carpet. CALL JOHN KANE, 916-373-5300, Parkside Property.
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HOME PORT REALTY LISTINGS

1030 Maryland Ave: 2 bdrm/2 bath, $296,000. Adorable State Streets home w/new kitchen cabinets, new tile countertops & new tile floors. Dual-pane windows, central H/A, whole-house fan!

2001 Alabama Ct., 4 bdrm/2 baths, $299,000. Check out this large 4 bdrm house in state streets. Updated bathrooms, new roof, new int./ext. paint & new carpets.

1505 Fallbrook St: 2-3 bdrm/1 bath, $309,000. What a dollhouse! Cozy fireplace, hardwood floors, updated kitchen, remodeled bathroom. Did we mention the bonus rm?

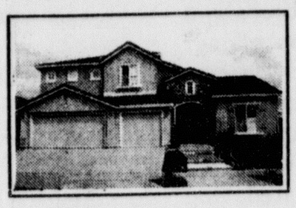
501 Lilac Ln: 2 bdrms, 1 1/2 bath, $319,000. Huge! 1,650 sq ft with big backyard. The addition alone is about 800 sq ft with half-bath.

508 Seabrook Ct., 2 bdrm, 1 bath: $319,000. See to believe! 1,350 sq ft of living area with slider to lovely backyard. Big dining area with dining bar off kitchen. Newer comp roof, dual-pane windows, CH/A.

1009 Fernwood St: 3 bdrm, 1 1/2 bath, $359,900. Perfect home in Westmore Oaks. Cozy lvg rm w/frplc, formal dining & brkfst nook. Exceptional bkyrd.

1301 Bonita Ct: 3 bdrm/1 1/2 bath: $470k. It doesn't get much better! Wonderful home in desirable Westmore Oaks. 1600 sq ft, lovely quaint kitchen, formal dining rm, bonus rm with separate fireplace.

CALL 372-5933 Today!



Fantastic Bridgeway Island Home! 3400 St. Croix Rd., $554.800.. Beautiful 2,743 sf home has 4 bdrms, 3 full baths. Gourmet kitchen w/walk-in pantry & breakfast nook. Spacious family rm w frplc. Formal living & dining area. Secluded 5th bdrm, den or computer area off front entry. 3-car garage. Covered patio & built-in children's play area in bkyrd. Fully landscaped in front & rear yards. JOHN KANE, Parkside Property, 916-373-5300.
See home on eBay! JK33

VISIT:
www.southporthomesforsale.com
32

1/2 ACRE COUNTRY ESTATE, 2930 Allan Ave., $459,800. This modern ranch sits on 1/2-acre of land with custom in-ground swimming pool. Home has 2 bdrms & full bath. Updated kitchen with lots of cabinets & counter space. Fireplace/stove in living room. Separate guest house with 2 rooms + 2 additional outbuildings & asphalt parking pad. Designed for entertaining around the sparkling pool! JOHN KANE, Parkside Property, 916-373-5300, 'Your West Sacramento Specialist.'
44tfn

AMAZING DEAL! 3490 Cooper Island Rd. 1,850sf former model home on .39 (almost 1/2) acre lot for ONLY $469,000! Homes to Loans Consultants, Eileen, 730-5115 or 373-0200.
41tfn

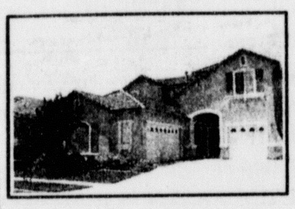
VALUE-PACKED OFFERING! This 3 bdrm home has been thoroughly updated. All-new floors, custom paint, new kitchen & bathroom. Over 1100 sf of living space. Also features central heat/air, dual pane windows, insulated walls, & an indoor laundry. Don't wait -- see it today! For more info & pictures, go to: www.jeffpuliz.com. 1916 Crown Ave., $298,000. Jeff Puliz, Parkside Property, 916-373-9600, jeff@jeffpuliz.com
43tfn

ELEGANT BUT ECONOMICAL: This awesome Forecast home has many features & upgrades. Including hardwood flooring in kitchen, 10 foot ceilings, crown molding, & wired for surround sound. Both bathrooms have been updated with Marlite tub enclosures. SELLERS WILL CREDIT BUYERS $8,000 for closing costs with an accepted offer. For more info & pictures go to: www.jeffpuliz.com. 3303 Ballena Bay Rd., $444,370. Jeff Puliz, Parkside Property, 916-373-9600.
48tfn

NO NEED TO LOOK FURTHER! This cute freshly-painted 3 bdrm, 2 bath home features an open floor plan with over 1400 sf of living space. Great location close to Nugget Shopping Center & within walking distance to schools & parks. Priced reasonably & you could move in at once! For more info & pictures, go to: www.jeffpuliz.com. 3176 White Fish Bay Rd., $383,500. Jeff Puliz, Parkside Property, 916-373-9600, jeff@jeffpuliz.com
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WOW! What a value! State Streets charm & location. This 3 bdrm home is priced to sell. Just needs a little updating. Close to parks, schools, shopping & public transp. For a good home priced right, see this one today! For more info & pictures, go to: www.jeffpuliz.com. 1606 Pennsylvania Ave., $304,000. Jeff Puliz, Parkside Property, 916-373-9600.
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GORGEOUS SOUTHPORT HOME! 2448 Barona St., $529,800. Great 3 bdrm, 2 1/2 bath home built in 2004. Large kitchen with entertainment nook & fireplace. Formal living & dining room. Master bdrm located on 1st floor. 3-car garage. A must-see! Move in today! JOHN KANE, Parkside Property, 916-373-5300. 'Your West Sacramento Specialist.'
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STUNNING MODEL-PERFECT HOME! 3112 Fiji Island St. Spacious 2100sf 4 bdrm/3ba home with 3-car garage, priced right! Granite countertops, stainless steel appl., large pantry & island in kitchen -- perfect for entertaining! Tile & upgraded carpet adds elegance, double-sided stone frplc faces both formal living/dining rm & family rm/ kitchen. Designer paint adds perfect touch, fully landscaped front & back yard w/storage shed & dog run -- move-in ready! In Bridgeway Island, close to new parks, schools, downtown & shopping. Only $459,900. Cook Realty - Agent Tina Sevilla 906-606-9507.
S-1

SPACIOUS SINGLE STORY! 3099 Grizzly Bay Rd. One of the larger 4 bdrm/2 ba single story homes w/2-car garage. Bridgeway Island. Features wonderful vaulted ceilings, plant shelves, laminate flooring in kitchen & family rm, separate formal dining/living rm, surround-sound, upgrade appliances, tile & light fixtures. Kitchen also features oversized island perfect for parties & entertaining. Large master suite has both a walk-in closet, separate shower & bath & dual sinks. Backyard fully landscaped w/large storage shed or workshop. Close to schools, shopping & downtown. Offered at $442,400. Cook Realty - Agent Tina Sevilla, 916-606-9507.
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More HOMES & other ads, page 11!

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OPINION

News-Ledger Editorial

Bits & pieces

Sooner or later, we'll have it here, too.

Many California counties take their restaurant health inspections one step further than Yolo does, moving the reports from small print out of the view of restaurant patrons and onto a big, letter-grade placard right on a restaurant's front window. Instead of choosing your restaurant based on blind faith (or asking the proprietor to let you view the restaurant's last health inspection results), you see a big "A" (or some unfortunate lower grade) right there near the establishment's front door.

The system helps keep customers informed, and helps keep restaurants honest. Think about it a minute: if there were a letter grade right there where you enter a restaurant, wouldn't you find that helpful? And yet, health department inspections aren't currently required to be on display -- so how many times have you bothered to ask to see a restaurant's report? That's a bit awkward, isn't it?

This is an issue the News-Ledger has taken up before – and probably will again, until sooner or later, Yolo County joins the "letter grade" club.

■■■

The News-Ledger was not among the fans of departing school district attorney Jackson Parham – that's not much of a secret. One of the things that always raised an eyebrow, judging partly from their remarks at school board meetings, was how much the representatives of the school district's unions seemed to like Mr. Parham.

When people face off across a bargaining table for year after year (as did Parham and the union) there ought to be some level of grudging respect and a good measure of trust. But the unions don't need to love the school district's negotiator any more than the school board needs to love the unions' representatives.

In fact, too much affection "across the table" might be the sign of a problem.

■■■

On Monday, a local reporter caught sight of a car with the license plate "95612" zipping along a West Sacramento street. Not much mystery there: this number is the ZIP code of Clarksburg.

So here's the question: does anyone around here have possession of a vanity plate with the number "95691" or "95605" on it? Those are the ZIP codes for West Sacramento. Somebody check with the DMV and snag those. . .

■■■

Letters to the Editor

Fluoride: a no-brainer

I was amazed to read in the July 19th edition of the *News-Ledger* that the City of West Sacramento is considering adding fluoride to its water supply. I was amazed not that the issue is being discussed, but that the city's water wasn't fluoridated years ago.

I grew up in West Sacramento and by the time I moved away at the age of 25, I had over a dozen dental fillings. In contrast, my son was born and raised in Hayward, where the water has been fluoridated for decades, and he is now 20 years old, extremely healthy, and has never had a cavity.

As far as I am concerned, the decision as to whether to fluoridate is a no-brainer. I hope that the city council comes to the same conclusion.

BOB FRATES
Hayward, California

'A few minutes' can kill

As the mercury keeps rising in Sacramento and throughout California, I'd like to remind your readers never to leave a child or pet inside a car. Even if it's just for a moment, the results can be tragic.

I was recently reminded of the importance of this basic safety step by the General Motors Continuous Safety Tour at Raley Field. They had a demonstration that showed just how scorching hot it can get inside a sealed car left in the sun. The demonstration included a completely sealed standard mini-van with a temperature-detecting device inside the car. On that particularly boiling hot day, the outside temperature reached 103 and the temperature inside the car was not 10 degrees hotter, or 20, but almost 30 degrees hotter than the outside temperature! That overwhelming heat could easily kill a small child or animal.

The GM display reminded me just how dangerous the summer heat can be. Please be safe this summer and never leave your child or a pet in a sealed car.

OSCAR VILLEGAS
West Sacramento



Fictitious Business Name Statement
Filed June 16, 2006
File No. 2006-590

The following person is doing business as ICI PAINTS, 70 West Court St., Woodland CA 95695:

The Glidden Company, 15885 W. Sprague Rd., Strongsville OH 44136.

This business is conducted by a Corporation.

The registrant commenced to transact business under the fictitious business name or names listed above on 7/15/06.

/s/Mary D. Schoening, Asst. Secty.
The Glidden Company

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: July 11, 2006
by: /s/Ava Woodard, Deputy Clerk

July 19 26 Aug 2 9

Fictitious Business Name Statement
Filed June 15, 2006
File No. 2006-585

The following person is doing business as LALUPITA, West Capitol Ave. 2216, West Sac. CA 95691; mailing 401 Westacre Rd. #55, West Sac. CA 95691:

Sandra Aragon, 401 Westacre Rd. Apt. 55, West Sac. CA 95691.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on June 15, 2006.

/s/Sandra Aragon

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: July 5, 2006
by: /s/Josie Ramirez, Deputy Clerk

July 19 26 Aug 2 9

Fictitious Business Name Statement
Filed July 5, 2006
File No. 2006-656

The following person is doing business as Ntegrity, Inc.; Ductz of Sacramento, 216 F St., #156, Davis CA 95616:

Ntegrity Inc., 216 F St., #156, Davis CA 95616 (a TN corporation).

This business is conducted by a Corporation.

The registrant commenced to transact business under the fictitious business name or names listed above on .

/s/Robert Enzerink, Pres. Ntegrity, Inc.

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: July 5, 2006
by: /s/Kimberli Barklow, Deputy Clerk

July 19 26 Aug 2 9

NOTICE OF PETITION TO ADMINISTER ESTATE OF LORETTA SANCHEZ GUTIERREZ
CASE NUMBER PB06-170

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of Loretta Sanchez Gutierrez, aka Loretta S. Gutierrez, aka Loretta Sanchez:

A PETITION FOR PROBATE has been filed by Sherry L. Gutierrez in the Superior Court of California, County of Yolo.

THE PETITION FOR PROBATE requests that Sherry L. Gutierrez be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

A HEARING on the petition will be held on Aug. 8, 2006, at 8:30 a.m., in Dept. 11, Superior Court of California, County of Yolo, 812 Court St., Woodland, CA 95695.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a "Request for Special Notice" (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A "Request for Special Notice" form is available from the court clerk.

Attorney for Petitioner: Andrew Thompson, Jr., Bar #58479
535 North Street
Woodland CA 95695
(530) 662-9144

July 19 26 Aug 2 proof/aty

MEETING NOTICE

At their regular meeting on August 2, 2006 the West Sacramento City Council is scheduled to conduct a workshop on the proposed fluoridation of the City's public water supply. An impartial speaker will present the benefits and consequences of fluoridation. Based on the Council's desire at the conclusion of the workshop, staff will bring the item back at a later meeting for action.

July 26 Aug 2

Fictitious Business Name Statement
Filed June 16, 2006
File No. 2006-590

The following person is doing business as Big Rig Scale Co., 1464 Churchill Downs Ave., Woodland CA 95776:

Vladimir Pavlov, Svetlana Pavlov, 7625 Plaid Cir., Antelope CA 95843.

This business is conducted by Husband and Wife.

The registrant commenced to transact business under the fictitious business name or names listed above on 6/15/06.

/s/Vladimir Pavlov
/s/Svetlana Pavlov

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: June 16, 2006
by: /s/Valerie Clinton, Deputy Clerk

July 12 19 26 Aug 2

Fictitious Business Name Statement
Filed June 28, 2006
File No. 2006-633

The following person is doing business as Radiant Glass International, 3161 Catalina Is. Rd., West Sacramento CA 95691:

Asoka Dias Bandaranayake and Kamini Sita Dias Bandaranayake, 3161 Catalina Is. Rd., W. Sacramento CA 95691.

This business is conducted by Husband and Wife.

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

/s/ Asoka Dias Bandaranayake and Kamini Sita Dias Bandaranayake

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: June 29, 2006
by: /s/Ava Woodard, Deputy Clerk

Aug 2 9 16 23

Fictitious Business Name Statement
Filed July 3, 2006
File No. 2006-648

The following person is doing business as Bernard's Tire, Brake and Alignment, 549 Rowe Place, Davis CA 95616:

Yusuf Amin, 2278 Burgundy Way, Fairfield CA 94533.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 7/3/06.

/s/Yusuf Amin

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: July 3, 2006
by: /s/Freddie Oakley, Deputy Clerk

July 26 Aug 2 9 16

Fictitious Business Name Statement
Filed June 13, 2006
File No. 2006-573

The following person is doing business as We're Tops Countertops, 2061 Freeway Dr., Ste. C, Woodland CA 95776:

ALEMAD, INC, 9215 Los Lagos Circle South, Granite Bay CA 95746.

This business is conducted by a Corporation.

The registrant commenced to transact business under the fictitious business name or names listed above on .

/s/Michael Ware, President ALEMAD Inc.

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Ju[illegible] 13, 2006
by: /s/Ava Woodard, Deputy Clerk

July 5 12 19 26

Fictitious Business Name Statement
Filed June 26, 2006
File No. 2006-618

The following person is doing business as New Mongolian King, 2933 West Capitol Ave., W. Sac. CA 95691:

Tie Zhang & Mindy Chen, 6930 65th St. #107C, Sacramento CA 95823.

This business is conducted by Husband and Wife.

The registrant commenced to transact business under the fictitious business name or names listed above on June 26, 2006.

/s/Tie Zhang
/s/Mindy Chen

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: June 26, 2006
by: /s/Kimberli Barklow, Deputy Clerk

July 12 19 26 Aug 2

***
You are only young once, but you can stay immature indefinitely.
—Author Unknown
***

STEEL BUILDINGS

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PUZZLES & COMICS

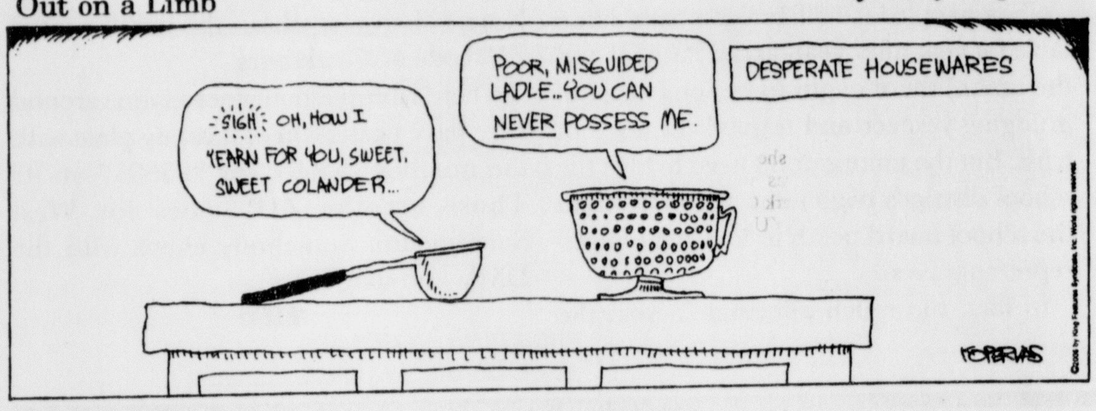
R.F.D.

by Mike Marland



Out on a Limb

by Gary Kopervas



Amber Waves

by Dave Phipps



The Spats

by Jeff Pickering



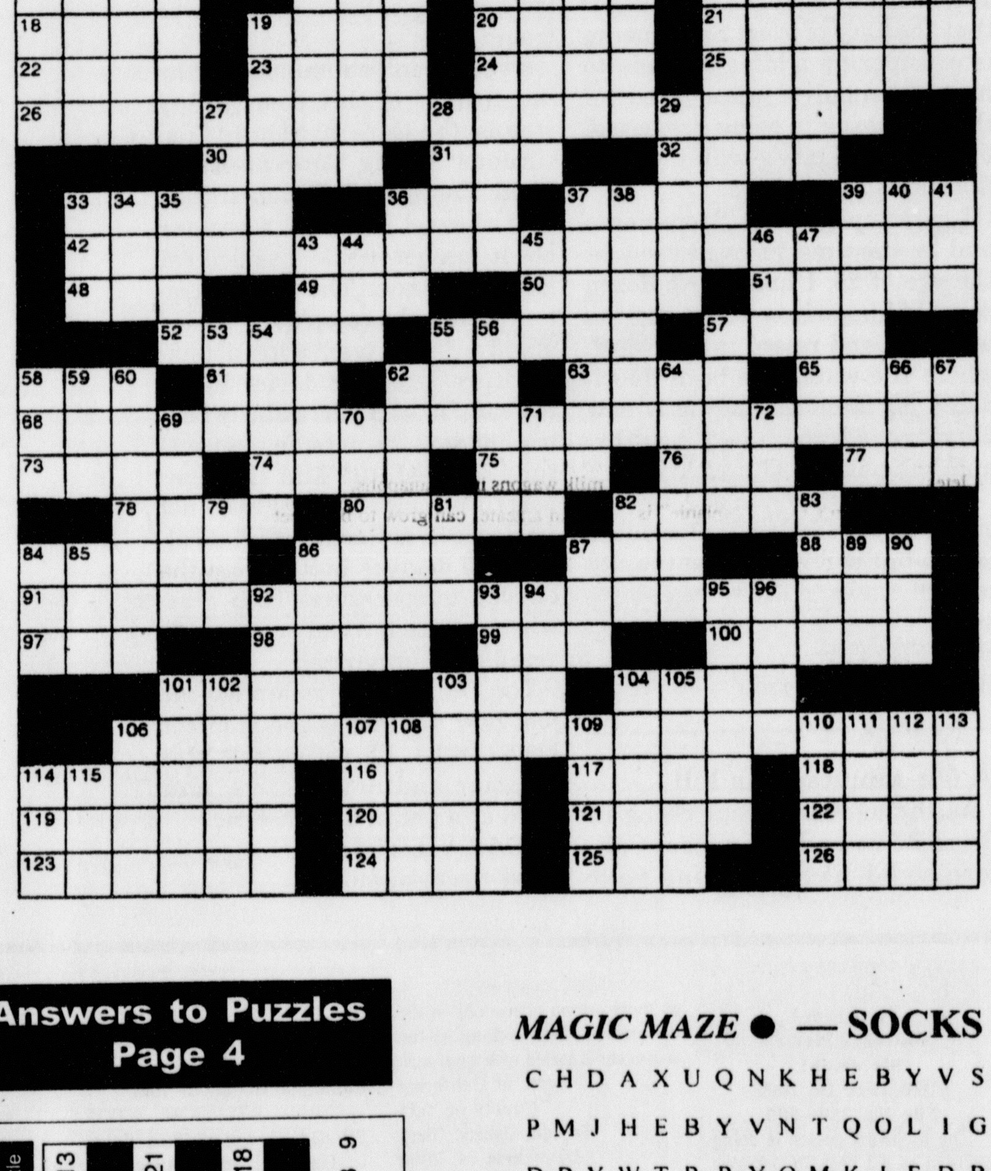


Super Crossword

WISHFUL THINKING

ACROSS
1 Velvety burrower
5 Welcome item?
8 Belfry sound
12 Most rational
18 In the course of
19 Actor Auberjonois
20 Betting setting
21 "Electric —" ('83 hit)
22 Sitarist Shankar
23 TV's "The — of Night"
24 Toast topper
25 Elastic band
26 My doctor told me . . .
30 Chip's chum
31 Made one's mark
32 Cry of disgust
33 Salivate
36 Slangy sib
37 Burn
39 AAA handout
42 My dentist told me . . .
48 Ending for "auction"
49 Pitch in
50 Wrath
51 Stationed
52 It's out of this world
55 Clouts a cad
57 Milk measurement
58 Arthur or Pons
61 Cockpit fig.
62 Stephen of "The Crying Game"
63 Bishop of Rome
65 Summer top
68 My mechanic told me . . .
73 Thousand —, CA
74 Jeremy Fisher, for one
75 Scand. nation
76 — Tome
77 Giovanni or Rickles
78 Rotisserie part
80 Jeeves' profession
82 Sitcom set in Nantucket
84 Shun
86 Quick snack
87 Hold the title
88 "— Gotta Be Me" ('69 hit)
91 My accountant told me . . .
97 Switchboard abbr.
98 Smidgen
99 Med. test
100 Bald bird
101 Cold-war accord
103 Pub order
104 Comic Sahl
106 My son's teacher told me . . .
114 Pester
116 Dickens villain
117 Turgenev's birthplace
118 Screenwriter James
119 Verdi opera
120 Ages
121 "Good gracious!"
122 Liberate
123 "Children should — . . ."
124 Bump
125 Dover's st.
126 Semester

DOWN
1 Shopping center
2 Actor Epps
3 Roman historian
4 Correct a text
5 Olympic award
6 Harmon or Dickinson
7 Rock hound?
8 Claim
9 Sniggled
10 From the top
11 Bow part
12 Southwestern sticker
13 — -garde
14 "Revenge of the —" ('84 film)
15 Middle Earth denizens
16 Author Grafton
17 Dist.
19 Entertain lavishly
27 Bouquet
28 Geometry term
29 Spout like Cicero
33 Turn blue?
34 Caviar
35 Yours and mine
36 Turf
37 Food fish
38 Urges
39 Sandwich spread
40 Sleeve contents?
41 Third degree?
43 Element
44 Speak with a forked tongue
45 Roth —
46 Kimono closer
47 Devilfish
53 Good buddy
54 High up
55 Make a muumuu
56 Singer Cleo
57 Pie nut
58 Jacket info
59 Letter from Athens
60 Invites on a date
62 Henley happening
64 Model's job
66 — Dinh Diem
67 He's a doll
69 "A Dandy in —" ('68 film)
70 Communist council
71 Plant disease
72 Grab all the goodies
79 Ms. Lupino
81 Wahine's wreath
82 1914-18 letters
83 Perform in "Parsifal"
84 Backer
85 — populi
86 Gravy ingredient
87 Assoc.
89 Cubic meas.
90 Lady of the lea
92 "Without You" singer
93 Backslide
94 Got by, with "out"
95 Announce
96 Birmingham bye-bye
101 Marshy lowland
102 Usher's beat
103 Winning
104 Highway sign
105 Ron of "Superfly"
106 Infuriates
107 Impatient interrogative
108 Architect Saarinen
109 — the line (obeyed)
110 Huck's craft
111 Brute
112 — -do-well
113 Appear to be
114 Elf
115 Gobbled up



Answers to Puzzles Page 4

GO FIGURE! by Linda Thistle

		13						
	÷		+			21		
				+			+	
	+			×				18
÷			+		×		+	
				÷		×		11
+			+				10	
		22			×			

1 1 2 3 4 5 7 8 9

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★

★ Moderate ★★ Difficult ★★★ GO FIGURE!

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MAGIC MAZE ● — SOCKS

C H D A X U Q N K H E B Y V S
P M J H E B Y V N T Q O L I G
D B Y W T R P Y O M K I F D B
Y W U A T H L E T I C S Q O M
K I F D A L B B T I Z X W U S
Q O N L E J H F O I S D C A Y
W S V M W L T S C B H R Q P N
L K S I S H K F E C B W A B Z
Y A W E V E E N K U I Y E V S
R Q I T R O P S A N P N M R L
J Y T R I D E B D I H F E D C

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

Air, Ankle, Athletic, Bed, Bobby, Cotton, Crew, Dirty, Dress, Knee, Smelly, Sport, Sweat, Varsity, White

HOCUS-FOCUS BY HENRY BOLTINOFF

FIND AT LEAST 6 DIFFICULTIES BETWEEN PANELS.

Weekly SUDOKU

by Linda Thistle

	3	2		5		1		
	4		6		2			7
1			7			5	4	
		1		9			7	3
8		6			3	2		
	7		8	4			9	
3			9	6				8
	8	4			7			1
5					4	7	3	

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging ★★★ HOO BOY!

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DINING, TRAVEL & ENTERTAINMENT

CRITIC'S CORNER
By D-N-A Smith

"Little Man"

Running time: 90 minutes
MPAA rating: PG-13

Let me save you the trouble of reading this entire review. "Little Man" is the worst movie I've seen this year. It makes "White Chicks" look like "Citizen Kane." "Little Man" is to comedy what Richard Speck was to nursing. It is, in case you haven't gotten the point yet, an insufferably horrible movie.

Using computer-effects, the head of Marlon Wayans is grafted onto the body of a midget in order for him to play the lead role as Calvin, a diminutive ex-con and jewel thief.

Calvin, just out of prison, takes on a job for a local gangster (Chazz Palminteri, phoning it in). For $100,000, Calvin must steal and deliver a diamond the size of a canned ham to the gangster. The heist is botched, and Calvin must stash the giant rock in the purse of a woman who is dining at a restaurant with her husband (Kerry Washington and Shawn Wayans).

The couple are arguing over whether to start a family. This gives Calvin the bright idea to pose as an abandoned baby in order to get into the yuppie couple's home and retrieve the diamond.

The couple, although upper-middle-class and college-educated, can't tell the difference between an infant and a middle-aged dwarf, so they take



Marlon Wayans

Calvin into their home. An hour and way too many fart jokes, booby-grabs and groin shots later, Calvin grows to love the family and ... aw, who cares? The plot is so retarded it makes Larry the Cable Guy sound like William F. Buckley.

Avoid this movie.

GRADE: F

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Strange BUT TRUE
By Samantha Weaver

• Add to the list of ridiculous headlines: "Plane Too Close to Ground, Crash Probe Told."

• Before they became successful, the Beatles were turned down by four record companies. A spokesperson for the Decca Recording Company is quoted as saying in 1962, "We don't like their sound. Groups of guitars are on the way out."

• When figured on a per-participant basis, pole vaulting has the highest mortality rate of any sport. Between 1982 and 1998, there were 16 reported deaths among about 25,000 athletes.

• The woman's name "Melanie" is derived from the Latin word "melania," meaning "dark."

• In 1982, David Grundman was killed by a cactus in the desert near Phoenix. For reasons unknown, he decided to shoot a giant saguaro cactus measuring 23 feet tall. After firing two shots at it, the plant fell over on top of Grundman and crushed him to death.

• Do you remember the song "Pop Goes the Weasel" from when you were a child? Did you have any idea what it was about? Well, most people don't — it has nothing to do with animals at all. It is thought to have originated with hat makers in London. To a hat maker, a "weasel" was one of the tools of his trade, and "to pop" once meant "to pawn." Whenever a hat maker needed some extra cash, he would "pop his weasel."

• In 1897, Typhoon II won that quintessential event in the horseracing world, the Kentucky Derby. Oddly, though, he ended his career by pulling milk wagons in Indianapolis.

• An anteater can grow to be 6 feet long, but its mouth is no wider than an inch.

***

Trivia test
by Fifi Rodriguez

1. MEASUREMENTS: What time period does a "sesquicentennial" refer to?
2. ASTRONOMY: What does nadir mean?
3. SCIENCE: What was Aldo Leopold's contribution to science?
4. MUSIC: Which composer created 19 "Hungarian Rhapsodies"?
5. ART: Who painted the work titled "The Scream"?
6. ARCHITECTURE: What is a ziggurat?
7. FOOD: What does the abbreviation MSG stand for?
8. MEDICINE: What is the best treatment for a bruise?
9. U.S. STATES: What is the capital of the state of Washington?
10. GEOGRAPHY: What two countries lie directly north of Italy?

Answers

1. 150 years
2. Ninety degrees below the horizon or the point directly below the observer.
3. Created interest in wilderness conservation
4. Franz Liszt
5. Edvard Munch
6. A tower that looks like a stepped pyramid
7. Monosodium glutamate
8. Ice pack, applied immediately
9. Olympia
10. Switzerland and Austria

Good Housekeeping

Cornmeal-Berry Muffins

PREP: 20 minutes
BAKE: about 20 minutes
MAKES: 12 muffins

- *1 cup yellow cornmeal*
- *1 cup all-purpose flour*
- *2 teaspoons baking powder*
- *1/2 teaspoon baking soda*
- *1/2 teaspoon salt*
- *1/3 cup plus 1 tablespoon sugar*
- *1 container (8 ounces) sour cream*
- *1/3 cup milk*
- *4 tablespoons butter or margarine, melted*
- *2 large eggs*
- *1 cup blueberries*
- *1 cup raspberries*

1. Preheat oven to 375 F. Line 12 standard muffin-pan cups with fluted paper liners.

2. In large bowl, stir cornmeal, flour, baking powder, baking soda, salt and 1/3 cup sugar until combined.

3. In medium bowl, with wire whisk or fork, beat sour cream, milk, butter and eggs until blended. With rubber spatula, fold sour-cream mixture into flour mixture just until flour is moistened, with a few streaks of flour remaining (batter will be lumpy). Fold in berries just until combined.

4. Spoon batter into prepared muffin-pan cups (cups will be full). Sprinkle with remaining 1 tablespoon sugar. Bake muffins 20 to 25 minutes or until toothpick inserted in center of one comes out clean. Immediately remove muffins from pan. Serve warm, or cool on wire rack to serve later. Or freeze muffins in freezer-weight plastic bag up to 3 months.

• Each muffin: About 210 calories, 4 g protein, 28 g carbohydrate, 9 g total fat (5 g saturated), 2 g fiber, 56 mg cholesterol, 280 mg sodium.

For hundreds of triple-tested Good Housekeeping recipes, visit our Web site at www.goodhousekeeping.com.

Comfort foods
Made fast and healthy
by Healthy Exchanges

Cool and Refreshing

Extra-special on a hot and humid day!

PEACH RASPBERRY BAVARIAN CREAM

- *1 (4-serving) package Jell-O sugar-free raspberry gelatin*
- *1 cup boiling water*
- *1/2 cup Diet Mountain Dew*
- *3/4 cup Cool Whip Free*
- *1 1/2 cups (3 medium) peeled and finely chopped fresh peaches*

In a large bowl, combine dry gelatin and boiling water. Mix well to dissolve gelatin. Stir in Diet Mountain Dew. Refrigerate for 15 minutes. Fold in Cool Whip Free. Add chopped peaches. Mix gently to combine. Evenly spoon mixture into 4 dessert or parfait dishes. Refrigerate for at least 1 hour.

• Each serving equals: 52 calories, 0g fat, 2g protein, 11g carb., 65mg sodium, 1g fiber; Diabetic Exchanges: 1 Fruit.

Visit the Healthy Exchanges Web site at www.healthyexchanges.com or call toll-free at 1-800-766-8961 for more information about its "common folk" healthy recipes.

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Jill Jackson's HOLLYWOOD

HOLLYWOOD ... Chalk up another Oscar nomination for **Meryl Streep** now! Everyone out this way is either talking about, or writing about her performance in "The Devil Wears Prada." The lady's talent seems never ending, and getting bigger with every performance, if that's possible. And what a career she has had. Fortunately, she was never a struggling young actress. Her family was in pharmaceuticals, so there was no money problem. She attended the best schools, Yale and Vassar, and graduated with honors. Today, still happily married to **Don Gummer**, she has four children: Mary Willa, Grace Jane, Henry and Louisa. She has been known to say that her children have never seen many of her films "because they're too upsetting. Mommy dies."

Samuel L. Jackson's plate is full. His next shoot will be "Jumper," based on the book by **Steven Gould** about a child from a broken home who discovers he has the ability to teleport himself. While searching for the man he believes to have killed his mother, he draws attention from a boy with the same abilities and also the National Security Agency. Jackson plays the NSA agent tracking the boy, and who may have ulterior motives for finding him. His other films are "Snakes on a Plane," "Black Snake Moan" and "Home of the Brave."

Another big award for **Clint Eastwood**. Come November he will receive the Stanley Kubrick Britannia Award for Excellence in Films at a big do at the Los Angeles Century Plaza Hotel. And when you look at Clint's record, you know he deserves this highest honor. Too long to list here, let's just add that at the moment he's working on "Flags of Our Fathers," about the battle of Iwo Jima, to be released in October.

Lucy Liu goes into "Watching the Detectives," a romantic comedy about a "Film Noir" buff whose world is turned upside down when a beautiful, unpredictable femme fatale enters his life. She provides far more experience than he ever expected, and far, far more than he can handle. **Cillian Murphy** plays the man. Incidentally, did you know Lucy's friends call her Curious George? Don't ask me why. I



Meryl Streep

just heard it in passing. And, she was NOT born in China; she was welcomed to the world in New York City. Grew up there and attended NYU and the University of Michigan.

Remember little **Raven-Symone**, the adorable little tyke on "The Cosby Show"? Well, she's all grown up now and set to star for the big screen in "Adventures in Babysitting," which fares to be fun. It's about a high-school senior who is babysitting a bunch of youngsters when she gets a call from a friend who is in trouble. Raven has to take the kids with her when she goes to her aid, and we are treated to a night of many misadventures. Sounds like fun.

***

BITS 'N' PIECES: Aren't you a bit weary of news about baby Suri, and **Star Jones**, and **Brad** and **Angelina**, and **Britney** and her baby escapades, and all the other weekly headline makers. Those you DON'T hear about keep it all to themselves, so then what would we poor ink-stained wretches have to write about? And so we lope along with the above, hoping they will keep frolicking so we'll have words for these pages. ... And by the time we read this, let us hope all will be well between **Tom** and **Katie**, **Charles** and **Camilla**, **Brad** and **Angelina**, **Hilary** and **Chad**, and all the others who have been witnessing a bit of turmoil. ... And **Paris**? Oh yes! She's still skipping up and down Sunset Boulevard, in and out of eateries and nightspots.

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Moments in time
THE HISTORY CHANNEL

• On **Aug. 13, 1860,** Annie Oakley, one of the greatest female sharpshooters in American history, is born in Patterson Township, Ohio. Her ability to shoot holes through playing cards led to any free event ticket being referred to as an "Annie Oakley," a reference to the validation holes that were often punched in the ticket.

• On **Aug. 12, 1877,** Thomas Edison describes the fundamentals of the phonograph to an assistant and instructs him to construct one. Edison had discovered the principles behind the phonograph when trying to invent a telegraph repeater. He patented the phonograph six months later.

• On **Aug. 9, 1936,** at the Summer Olympics in Berlin, African American track star Jesse Owens wins his fourth gold medal of the Games in the 4x100-meter relay. His relay team set a new world record of 39.8 seconds, which held for 20 years.

• On **Aug. 7, 1959,** the U.S. unmanned spacecraft Explorer 6 is launched into an orbit around the Earth. The spacecraft transmitted a crude picture of the Earth's surface from a distance of 17,000 miles. The photo transmission took nearly 40 minutes.

• On **Aug. 11, 1966,** the first Chevrolet Camaro drives out of the manufacturing plant in Norwood, Ohio. The name "Camaro" is French for "comrade, pal or chum."

• On **Aug. 8, 1974,** President Richard M. Nixon announces his resignation. The House Judiciary Committee had adopted three articles of impeachment against Nixon for his involvement in the Watergate affair: obstruction of justice, abuse of presidential powers and hindrance of the impeachment process.

• On **Aug. 10, 1981,** the decapitated body of 6-year-old Adam Walsh is found in Hollywood, Fla. In the wake of Adam Walsh's kidnapping and murder, Congress passed the Missing Children's Act, giving the FBI greater authority to track the disappearance of children. John Walsh, Adam's father, went on to host TV's "America's Most Wanted."

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Putting Berries on Ice

Freezing is a great way to preserve the flavor, color and nutritive value of berries for up to a year. Frozen berries can be used straight from the freezer for baking, and they work well in place of ice cubes when blending fruit smoothies. You can also eat frozen berries for a cool summer snack (but be careful not to let them thaw completely or else they'll become mushy). Our quick tips for freezing fruit.

PICKING POINTERS

• Berries should be plump, fresh looking and uniformly colored.

• Avoid crushed or bruised fruit and cartons stained with juice.

• Beware of fuzzy fruit — mold spreads quickly from berry to berry.

PREFREEZING PREP

Strawberries: Rinse, drain, then hull.

Raspberries: Remove stems or leaves. Rinse carefully; drain.

Blueberries: Remove stems and freeze unrinsed. Quickly rinse under cold water just before using.

Blackberries (such as marionberries, boysenberries, olallieberries and loganberries): Remove stems or leaves. Rinse carefully; drain.

CHILL OUT

Spread fruit in a single layer, without touching, in a jelly-roll pan. Freeze for 1 to 2 hours, until hard. Transfer to freezer-weight plastic bags, press out excess air, and seal.

BERRIES IN BAKING

Don't thaw before using. Add to recipes as you would fresh berries, but extend cooking times by 10 to 15 minutes for pies and by 5 to 10 minutes for muffins and breads.

Fave Foods OF THE FAMOUS
by Steven Austin



Rich Arden/ESPN

Mike and Mike

They dominate morning sports talk on ESPN radio stations nationwide, and you can see a TV simulcast of their award-winning "Mike & Mike in the Morning" show on ESPN2. Mike Greenberg and Mike Golic enjoy a terrific on-air chemistry that perfectly matches Greenberg's prim and proper style with the rough and ready approach of former NFL star Golic. No one would ever mistake these two as brothers, but they act like they've known each other forever. In addition to busy on-air duties and hosting special events, they both gladly give a lot of attention and time to a variety of charitable causes. Greenberg's new best-selling book, "Why My Wife Thinks I'm an Idiot: The Life and Times of a Sportscaster Dad" is available everywhere. For more info: www.espnradio.com

Name a food or dish the other Mike loves that you would never touch under any circumstances.

Greenberg: "Golic loves blue cheese dressing. No way for me."

Golic: "He loves butternut squash. I wouldn't eat it on my deathbed."

Messiest food or snack you ever ate while driving.

Greenberg: "Egg whites and slice of Muenster cheese on a toasted whole-wheat bagel."

Golic: "I once ate ribs while driving. Not a great experience."

A food or snack your kids love that you enjoy just as much as they do.

Greenberg: "Princess fruity snacks."

Golic: "We share many bowls of Captain Crunch together."

Who has the better-stocked kitchen at home?

Greenberg: "Golic's may have more food, but I bet it isn't alphabetized."

Golic: "No doubt mine is better stocked. It has real food."

The athlete you think could eat the most food at one sitting.

Greenberg: "Major League pitcher David Wells could probably eat a lot, but he'd have to remove his foot from his mouth to do it."

Golic: "I did an interview at a restaurant with former football player Tony Siragusa when he was still in the NFL, and the amount of food he consumed was enormous."

A "secret" food or eating habit:

Greenberg: "There is nothing better than a real Chicago Italian beef sandwich dipped and covered with hot peppers."

Golic: "When I was playing football I would eat my pre-game meal of scrambled eggs and pancakes, then I would get to the stadium and mix in a cream-filled doughnut to top it all off."

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DADS AND KIDS MILKSHAKE

Mike and Mike say to serve this treat with a Mike and Mike favorite: A creamy peanut butter and strawberry jelly sandwich on whole wheat.

- *3 large scoops vanilla ice cream*
- *1 packet Princess fruit snacks*
- *1/2 cup Captain Crunch cereal*
- *2 cups milk*
- *2 tablespoons chocolate syrup*
- *1/2 cup ice cubes*

Blend until thick. Eat with a spoon and have fun with your kids!

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PAGE FROM THE PAST

INDEPENDENT-LEADER FRIDAY, MAY 19, 1922

CAMPING GROUND WILL BE KEPT CLEAN AND SUPPLIED WITH WATER

The property of the West Sacramento Company north of the Sacramento Northern embankment, near the M Street bridge, has been leased by the corporation to two men who have made promise they will properly equip the premises and keep it clean and sanitary.

This place has been an eyesore for several years, causing much complaint on the part of neighbors.

The two lessees, one of whose name is Smith, are going to establish toilets and water fountains so that those who rent places for camping there will be properly supplied.

This is a much needed improvement looked for during many years.

LARGE CROWD ATTENDED MOTHERS' DAY AT CATHOLIC CHURCH

Last Sunday on the occasion of the celebration of Mothers' Day throughout the State a large crowd attended the Catholic Church in Washington. Many members of the Knights of Columbus were present under a special invitation from Reverend Father William Laffan.

Seldom, or never, was the church so thoroughly filled as it was last Sunday, and the choir made special preparation to make the occasion memorable.

On the subject, "Mother," Father Laffan preached a beautiful sermon, wherein he drew attention to the sacred name and the hallowed remembrance of the Mother of the Redeemer.

Residents of Washington attending the church are hopeful that Father Laffan will find other occasions to again invite outsiders to help along the local church.

BADLY HURT WHEN AUTO TURNS TURTLE

Last Saturday night John Sisto was badly hurt in an automobile accident that happened at the south end of the Sacramento by-pass just north of Riverbank.

Sisto with some friends had been out riding on the road west of the Sacramento Weir. Returning to the highway on the river levee, he encountered an automobile without lights just as he was about to climb the levee. He endeavored to avoid hitting the other car and went too far to the side. The loose sand at that point permitted his car to slide down the steep embankment, where it overturned.

He was pinned by the steering wheel under the car where he remained for an hour before his three companions could release him.

Assistance came at last from some other autoists who were passing by.

Sisto was taken to the emergency hospital in Sacramento where he was given first aid and was then removed to his home at 416 Elizabeth street.

The car, practically a new one, was ruined. The top and fenders were mashed and the steering gear and hood crushed beyond repair.

The following morning when a wrecker went to recover the wrecked car he found it had been entirely robbed of everything removable, even to the hub caps.

Yesterday Sisto was able to be around.

J. H. GLIDE BUYS VIRDEN HOME IN SACRAMENTO

J. H. Glide, breeder of thoroughbred cattle and sheep in Yolo County, and heavily interested in West Sacramento, has purchased the elegant residence of Charles E. Virden, Twenty-first and Twenty-second streets, Sacramento, and the family will make their home there in the future. The purchase price is stated to be approximately $35,000.

Some time ago prohibition enforcement officers used to sing while on their raids.

Now they are becoming very careful lest bullets may do the singing.

Sacramento school children have a city dentist to attend to their teeth, yet not one of them has a toothache when there are ripe cherries in the neighbor's yard.

day at Recreation Beach.

John Moran returned from Woodland, where he has been employed.

A number of the friends of Mrs. Jack Alerton gave a pleasant surprise party last Thursday night in honor of her birthday. The evening was spent with cards and music, with a supper afterwards.

Mrs. Lottie Miller motored to Dixon for a visit with friends last Thursday.

Several baskets woven by pupils of the Washington school were stolen from the class room Wednesday night by a thief who entered the building through the basement.

ALL YOLO WILL BE TOGETHER IN GREAT PARADE FOR '49 CELEBRATION, MAY 26

Representations from all Yolo County towns for the grand parade on Friday, May 26th, are scheduled to assemble in Washington on Friday morning of that date at 7:30.

Following arrivals from Davis, Woodland, Knights Landing, Yolo, Blacks, Dunnigan, Winters, Freeport and Clarksburg, the Grand Marshal, Sheriff James W. Monroe, will outline the line of march and will then head the delegation across the Southern Pacific bridge to join the marching forces in Sacramento.

Floats are now being decorated and assembled in the various towns to be ready for the occasion, but most of them are of the '49 description that are destined to create considerable surprise at the parade.

The list could not be had for this issue of the Independent, but Sheriff Monroe advises it is an old one, a long one, and a good one.

The lades of Washington are now decorating and providing two floats that will be exact duplicates of some of the outfits seen in '49.

The point of assembling has been specified by Sheriff Monroe as Harriett street near Third, just one block south of the end of the Southern Pacific bridge. In this locality there is ample shade for those who intend to take part in the parade.

A surprise is in store for the Indians who will take part in the rodeo in the afternoon. Chief Reuben Lee, of Riverbank, is going to match his bunch of Washington savages against the Indians at the rodeo and they expect to bring home the scalp of every red face at the Fair Grounds.

The next issue of the Independent, which will be issued two days ahead of time, will carry a list of the features that will be seen in the Yolo County parading column.

DIRE PUNISHMENT WILL BE VISITED ON NON-CONFORMISTS

Nobody can say that residents of Washington are failing in their part to back up the '49 Celebration in Sacramento.

Even the Whiskerinos are just as active in Washington as in Sacramento, only under a different name. The name of the club in Washington is the Fuzzerino Club, because nearly everybody feels young yet with only a little fuzz on their faces.

Last Tuesday night the Kangaroo Court of the Fuzzerino Club visited summary punishment on some of the non-conformists.

"Bat" Caffaro, "Nuts" Porter, and "Aristo" were ducked in the watering trough in front of the Hoffman soft drink place because they had shown signs of having been shaved at a late date. After a severe ducking they were permitted to go on promise they would shave no more till after the '49 Celebration.

A few others have been spotted to be treated by the Kangaroo Fuzzerino Court next Friday night, who are non-conformists of the same character.

Among these are "Denver Pat," "Skib" DeRiso, "Mundo" Dal'rato, and "Ted" Porter.

Of course, these youngsters are expected to have occasion to go out of town next Friday night before the announced Fuzzerino Court is called in session. That will cut but little figure, however, for the court will sit on Saturday night, which may increase the punishment of those who renigged.

If you couldn't fool some people all the time they would get sick and die.

Better keep them under prohibition a little while longer.

What is it that prompts college boys and girls to get married? Is it love or only just passion?

SACRAMENTO NORTHERN IS DENIED REHEARING

San Francisco, May 12.—The Sacramento-Northern Railroad Company has been denied a rehearing by the railroad commission in connection with the latter's recent decision refusing an increase in switching charges of from $3 to $4 a car to 37½ cents a ton with a minimum charge of $6.50 a car between the transfer track of the San Francisco-Sacramento Railroad at Westside and the transfer track of the Southern Pacific, Western Pacific or Central California Traction Company at Sacramento.

WIFE LOVES ANOTHER MAN SEEKS DIVORCE

Woodland, May 16.—After charging his wife, Ethel May Altpeter, with having declared her love for another man and with repeatedly joyriding with strange men, Charles E. Altpeter filed suit for a divorce with the Superior Court last Saturday.

Altpeter claims that her actions have broken his health and wrecked his home life. He therefore asks that the courts grant him a divorce and award him all the community property, which consists of $400 worth of furniture.

"We accept the challenge laid down at the Baltimore wet convention. The overwhelming majority of the people of this country will stand for law and order when they understand the merits of the question."—Wayne B. Wheeler, Anti-Saloon League counsel.

BABY CHIX — White Leghorns (Tancreds), Golden Buff and Brown Leghorns, Anconas, Black Minorcas, Buff Orpingtons, R. I. Reds, Barred and White Rocks. Order now; season will soon close. Enoch Crews, Seabright, Calif.

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A clean bed all the time.
Open All Night
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(M-Street Road(
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LIBBY'S
Need Women To Handle
SPINACH
Plant at 31st and P Streets
Any street car in Sacramento passes there or will transfer to plant.
Good wages can be made after little experience.

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301 J Street, Sacramento
We Serve a Fashionable and Substantial
ITALIAN DINNER
At a Price That Is Fair to Us and Our Customers

NAGELE'S
300 J Street
Sacramento
Established 40 years and stronger now than in boyhood.
Good fellows come here to pass time and bull.
John Negro, Prop.

Yolo Liberals
Who want to see the '49 CELEBRATION in its original state will visit the old stand of
JACK MOORE
at 1022 Fifth Street, Sacramento
We have something natural, but wonderful; curious, but interesting. For Law Enforcement we are sticklers.

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525 K Street
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We have all beverages within the law.
We Treat You Right
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We live within the law.
We have soft drinks, good cigars and one-half of one.
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Phone 3179-J

HOMES FOR SALE from page 6

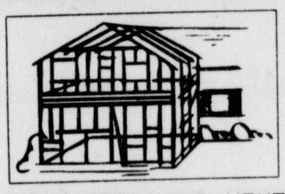
SIZZLING BUY! Here is the hottest home buy in town. This 2 bdrm needs a little TLC, but well worth it. Central heat/air, inside laundry. For more info & pictures go to: www.jeffpuliz.com. 101 Alvin St., Priced at $158,000. Jeff Puliz, Parkside Property, 916-373-9600.

48tfn

Comfortable Rent-Beater. Must see this affordable 3 bdrm home. New carpet, new paint, & a corner location with potential for RV or boat access. Walk to shopping, schools & public trans. Priced reasonable & you can move in at once! For more info and pics, go to: www.jeffpuliz.com. 1694 Laurel Ln. Priced at $286,000. Jeff Puliz, Parkside Property, 916-373-9600. jeff@jeffpuliz.com

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530-792-1044
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HOME SITES



COME SEE YOUR NEXT PROJECT! For sale: 3 adjacent lots in rapidly expanding area of W. Sac, close to 'The Rivers' development, 'Metro Place' & the proposed governor's mansion site! Zoning is R-3PD -- can build 6-12 units! $1.2 million. 18,000 sq ft total. 401, 413 & 415 A Street. Call Martha Bernauer, agent, 530.304-4208 or 530.792.2760.

52

HOMES FOR RENT

4BR/2ba, 2-car garage, 2,300sf, large grand room 28X38, lots of storage, in the 'Oaks' area at 1808 Deerwood St. Walking distance to schools. No pets, no smoking, no waterbeds. $1500 + $500 sec. dep. Available 7/15. Call Gloria, (916) 939-1220.

GM-3

3 bed/2 bath, 1,700 sq ft, $1,350/mo. Call Jeff, 996-6160.

jm43tfn

CONDOS

NICE 2 bdrm condos, from $850/mo, CH/A, covered parking. Call (916) 849-8028, George or Leslie.

49tfn

APARTMENTS

NICE 2 bdrm apt. from $750/mo., CH/A, covered parking. Call (916) 849-8028, George or Leslie.

49tfn

DUPLEXES FOR RENT

Lovely, two spacious rooms plus tile bath & mini-kitchen. Huge closets, partially furnished, all utilities paid, including Dish TV. $850/mo. Westmore Oaks area. 371-9000.

41tfn

West Sac duplex: 2 bed, 1 bath, small yard, close to downtown. No pets. $795/mo. (530) 666-3407.

52

TRAVEL TRAILER

Travel trailer: '76 Wilderness 24' TR TL w/tags. $800 obo. (916) 374-2773.

E-51

PETS

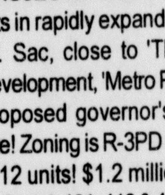
Rottweiler puppies. AKC German champion line. First shots. Females. $750. 371-1066.

51

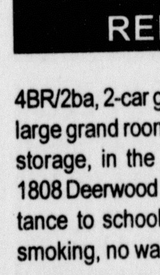
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MISC. FOR SALE

SONY TV, 32 inch WEGA, 1-year old with stand, $500/OBO. 372-8729.

51

Executive Computer Desk, exc. cond., $ call 371-3154.

51

GARAGE SALES

Garage sale: everything must go! Sat., Aug. 5, from 8am-5pm at 1167 Haverhill St, W. Sac. Furniture, household, more!

51

HELP WANTED

Engineering Technician III - City of West Sacto. $4029-4897/mo + exclnt bnfts. Req's HS dipl + 4 yrs FT exper. For complete info, send SASE, indicating position to HR, 1110 W Capitol Ave, W. Sacto, CA 95691 or visit www.cityofwestsacramento.org. FFD: 5pm 8/18/06. NO POSTMARKS.

51

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2006-19

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52

PERSONAL

Thank you, St. Jude. DP.

51

NOTICE OF HEARING
August 17, 2006

The West Sacramento Planning Commission will consider the following matters on Thursday, August 17, 2006, at West Sacramento Civic Center, City Council Chambers, 1110 West Capitol Avenue, West Sacramento, California, at the times as specified or as soon thereafter as the matters may be heard:

6:00 p.m.

CONSENT AGENDA

None at this time.

REGULAR AGENDA

1. Public Hearing on Riverpoint Marketplace Tentative Subdivision Map No. 4797 (Hamilton)

The applicant is requesting approval of a tentative subdivision map to subdivide 11 existing parcels into 21 parcels to allow for the reconfiguration of the existing office building parcel, the existing IKEA Home Furnishings store parcel, and the development of 322,600 square feet of new commercial retail uses. A realignment of Riverpoint Court for a connection to Harbor Boulevard is proposed. Commercial development of the area has been planned since the 1980s. The property is located at the southwest corner of Reed Avenue and Harbor Boulevard. The property is zoned C-2\PD-45 (Community Commercial Planned Development 45) and C-3\PD-23 (General Commercial Planned Development 23). APNs 14-793-01 through 22. An Environmental Impact Report has been prepared on this project in compliance with the California Environmental Quality Act (CEQA). APPLICANT: Buzz Oates Construction LP, 8615 Elder Creek Road, Sacramento, CA 95828. OWNER: Marvin L. Oates, IKEA Corporation, Ranbo Riverpoint LLC, *et al*; C/O 8615 Elder Creek Road, Sacramento, CA 95826.

2. Review of the 2006 Draft General Plan Work Program

(Rikala) This item is a review of the Draft General Plan Work Program for update of the City's General Plan. Over the past several months the firm of Mintier and Associates has been preparing a work program that will result in a schedule for updating of the City's General Plan. The draft work program includes a summary of general plan requirements, what has changed since the original 1990 Plan, a summary of the stakeholder interviews, a listing of policy issues, options for public outreach and a detailed work program. This item will be presented by the consulting firm and staff. It is hoped that based on a review of the work program with additions that the Planning Commission will make a recommendation to the City Council to endorse the program.

Steve Rikala, Secretary
West Sacramento Planning Commission

If you challenge any of the above items in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City of West Sacramento at, or prior to, the public hearing.

Aug 2

ORDER TO SHOW CAUSE FOR CHANGE OF NAME• PT06-1171

TO ALL INTERESTED PERSONS:

Petitioner Lupe & Linda Fuentes filed a petition with this court for a decree changing names as follows:

PRESENT NAME: Guadalupe Jeremy Fuentes Jr. PROPOSED NAME: Jeremy Lupe Fuentes.

THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted.

NOTICE OF HEARING: Sept. 5, 2006, Tuesday, at 8:30 a.m. in Dept. 11, Superior Court of California, County of Yolo, 812 Court Street, Woodland CA 95695.

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: News-Ledger.

Date: 7/19/06
/s/Thomas E. Warriner
Judge of the Superior Court

Aug 2 9 16 23

MEETING NOTICE

At their regular meeting on August 2, 2006, the West Sacramento City Council is scheduled to hear an item that will provide background information and an opportunity for public comment on the possible addition of Fluoride to the City of West Sacramento drinking water supply. Presentations will be made by staff and two subject matter experts. Direction from Council is expected on whether or not to implement water fluoridation.

Aug 2

PUBLIC HEARING NOTICE

The West Sacramento City Council will conduct a public hearing on August 16, 2006 at 7:30 PM or as soon thereafter as possible on the following. The hearing will be held in the council chambers at the Civic Center, 1110 West Capitol Ave., West Sacramento. Interested persons are invited to attend. In compliance with the ADA, if you need assistance to participate in this meeting, you should contact the City Clerk at 617-4500. Notification 72 hours prior to the meeting will enable the City to make reasonable arrangements to assure accessibility to this meeting. City hall is handicapped accessible.

1. Community Development Block Grant (CDBG) public hearing to consider eligible activities for 2006/07 and an amendment to the Program Income Reuse Plan.

Aug 2

NOTICE OF TRUSTEE'S SALE TS No. 06-06886 Doc ID #000707188172005N Title Order No. 2945909 Investor/Insurer No. 0011190972 APN No. 010-463-08-1 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 04/14/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Notice is hereby given that ReconTrust Company, N.A., as duly appointed trustee pursuant to the Deed of Trust executed by PEDRO VENEGAS AND MARGARITA VENEGAS, HUSBAND AND WIFE AS JOINT TENANTS, dated 04/14/2005 and recorded 04/28/05, as Instrument No. 2005-0018208-00, in Book, Page), of Official Records in the office of the County Recorder of Yolo County, State of California, will sell on 08/09/2006 at 12:00PM, At the rear (North) entrance to the City Hall Building, 1110 West Capitol Avenue, West Sacramento, CA at public auction, to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title, and interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above referenced Deed of Trust. The street address and other common designation, if any, of the real property described above is purported to be: 528 4TH STREET, WEST SACRAMENTO, CA, 95605. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The total amount of the unpaid balance with interest thereon of the obligation secured by the property to be sold plus reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is $64,127.84. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. In addition to cash, the Trustee will accept cashier's checks drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. Said sale will be made, in an "AS IS" condition, but without covenant or warranty, express or implied, regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed of Trust, advances thereunder, with interest as provided, and the unpaid principal of the Note secured by said Deed of Trust with interest thereon as provided in said Note, plus fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. DATED: 07/18/2006 ReconTrust Company, N.A. 1757 TAPO CANYON ROAD, SVW-88 SIMI VALLEY, CA 93063 Phone: (800) 281 8219, Sale Information (805) 578-6618 By: Trustee's Sale Officer ReconTrust Company, N.A. is a debt collector attempting to collect a debt. Any information obtained will be used for that purpose. ASAP# 779262 07/19/2006, 07/26/2006, 08/02/2006

NOTICE OF PETITION TO ADMINISTER ESTATE OF DONALD E. HODEL CASE NUMBER PB06-178

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of Donald E. Hodel:

A PETITION FOR PROBATE has been filed by Wayne H. Hodel in the Superior Court of California, County of Yolo.

THE PETITION FOR PROBATE requests that Wayne H. Hodel be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on Aug. 29, 2006, at 8:30 a.m., in Dept. 11, Superior Court of California, County of Yolo, 812 Court St., Woodland, CA 95695.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a "Request for Special Notice" (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A "Request for Special Notice" form is available from the court clerk.

Attorney for Petitioner: Kimber B. Goddard
Law Offices of Kimber B. Goddard
3620 American River Dr., Suite 110
Sacramento CA 95684
(916) 488-9788

July 26 Aug 2 9

NOTICE OF TRUSTEE'S SALE T.S. No. HC-88071-C Loan No. 0437191653 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 10/27/2003. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by the duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. TRUSTOR: DARRELL H BROOKS, A SINGLE MAN Recorded 11/5/2003 as Instrument No. 2003-0068016-00 in Book, page of Official Records in the office of the Recorder of Yolo County, California, Date of Sale: 8/23/2006 at 12:00 PM Place of Sale: AT THE REAR (NORTH) ENTRANCE TO THE CITY HALL BUILDING, 1110 WEST CAPITOL AVENUE, WEST SACRAMENTO, CALIFORNIA Property Address is purported to be: 321 13th Street West Sacramento, CA 95691 APN #: 058-043-12-1 The total amount secured by said instrument as of the time of initial publication of this notice is $67,432.80, which includes the total amount of the unpaid balance (including accrued and unpaid interest) and reasonable estimated costs, expenses, and advances at the time of initial publication of this notice. Date: July 31, 2006 EXECUTIVE TRUSTEE SERVICES, INC. 15455 SAN FERNANDO MISSION BLVD SUITE #208 MISSION HILLS, CA 91345 818-361-6998 SONIA RIVAS TRUSTEE SALE OFFICER ASAP# 782365 08/02/2006, 08/09/2006, 08/16/2006

Fictitious Business Name Statement
Filed July 6, 2006
File No. 2006-660

The following person is doing business as West Sac Auto Damage Appraisal & Estimates, 640 Houston St., #B, W. Sac. CA 95605:

Avetisov Yuriy, 825 Yolo St., W. Sac-to, CA 95605.

This business is conducted by Husband and Wife.

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

/s/ Asoka Dias Bandaranayake and Kamini Sita Dias Bandaranayake

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: June 29, 2006
by: /s/Ava Woodard, Deputy Clerk

Aug 2 9 16 23

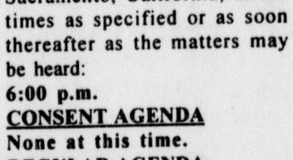
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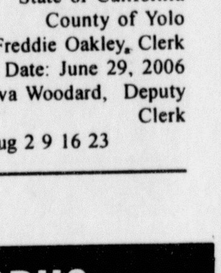
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Local Scene

Little League signups

West Sacramento Little League is accepting signups for fall play. Kids age 9-14 are welcome and may sign up online at www.westsacll.com, or in person at: Round Table Pizza in the Southport Town Center on Sat., August 5, from 11 a.m. to 1 p.m.; or 6:30-8 p.m. on Thursday, Aug. 10, at the same Round Table. For more information, see the website above.

Retired employees

The Retired Public Employees Association of Yolo County will hold its quarterly luncheon on Thursday, Aug. 10, at the Sizzler Restaurant at 201 W Court Street in Woodland. Reservations not required, and any present or future retiree covered by CalPERS is invited. No-host meeting begins at 11:30 a.m. Featured speaker is LaDonna Williams of the Woodland Police Department, and the topic will be avoiding scams and identity theft crimes. For information, call (530) 668-9522.

Relief from heat

The late-July heat wave has broken. But the Yolo County Health Department reminds you that a heat wave is a health threat, especially to seniors and other vulnerable people if they do not have access to working air conditioning and don't take plenty of fluids. If you need temporary relief from heat, you may find it at the library branch at 1212 Merkley Avenue in West Sacramento or at the Yolo County Department of Employment and Social Services at 500 Jefferson Boulevard in West Sacramento. You may also consider patronizing a movie theater, stores, a senior center or other facility if relief is needed. The department asks you also to keep in contact with neighbors and people who may need assistance, and alert the local fire department if you think someone needs help.

All you can eat

The West Sacramento Elks Lodge will host an all-you-can-eat barbecued ribs dinner from 6-8:30 p.m. on Saturday, Aug. 5, at 423 Third Street. Advance tickets are $10 and tickets at the door are $12 (children under 12: $4 at the door). Call 371-7122.

Party for education

The "Home Run for Schools" event promises an evening of safari-themed gaming and entertainment at Raley Field from 6-10 p.m. on Aug. 9, as a fundraiser for local school programs. The event is sponsored by the West Sacramento Educational Foundation, and last year raised $25,000 for West Sacramento school programs. Corporate sponsors are needed. Visit www.homerunforschools.org or email info@homerunforschools.org for ticket information.

Help a child

Learn how to help an abused, neglected or abandoned child in Yolo County: consider becoming a Court Appointed Special Advocate (CASA). As a volunteer, you can help a kid who otherwise might be "lost" in the foster system or court system. Volunteers spend about 3-5 hours per week with a child for at least 18 months. Call (530) 661-4200 or email volunteer@yolocasa.org for information on an upcoming information session (one session begins July 25). Visit www.yolocasa.org.

New moms wanted

The Yolo Community Breast Feeding Coalition wants new mothers to participate in a survey about their experiences feeding their infants. The "Mommy and Me Assessment" (MAMA) is available at doctors' offices and clinics county-wide, including Salud Clinic in West Sacramento and other Yolo and Sacramento locations. English or Spanish. The survey is brief and women will be given a "thank you" gift card for participating. Program sponsor is First 5 Yolo, www.yolochildren.org.

Borrow a stadium

Your nonprofit group can use Raley Field for a day, sometime between March 1 and Oct. 31 next year. Contac the West Sacramento Parks & Recreation Department, 617-4620, or email parks@cityofwestsacramento.org. Applications accepted until Dec. 29.

Aging & family

The West Sacramento Senior Center has arranged for cablecast of "Full Circle," a 30-minute documentary on the effects of aging upon family life. Closed-captioned, playing daily on Charter Cable channel 21 at 6:30 & 11:30 p.m.

Festival

Holy Cross Parish invites you to its annual festival, featuring music, food booths, game booths and a raffle, from noon to 10 p.m. on Sat., Aug. 5, and from noon to 7 p.m. on Sunday, Aug. 6. "Fun for the whole family."

Mini-grants

West Sacramento nonprofit organizations may apply for part of $20,000 available from the City of West Sacramento. Deadlines to apply for the "Community Mini-Grant Program" is Oct. 20 at the Parks and Recreation Department, 1110 West Capitol Ave., West Sacramento CA 95691. Pick up an application at the department, or visit the parks department website at www.cityofwestsacramento.org, or call 617-4620.

Free legal help

A group of attorneys working with Legal Services of Northern California is offering free, bi-weekly drop-in law help for low-income people. It will be held Wednesday evenings from 6-8 p.m. at the civic center, 1110 West Capitol Avenue. Subject matter includes housing, employment, public benefits and estate planning/probate.

Parish festival

Holy Cross Church plans its annual parish festival for the weekend of Aug. 5-6. Saturday's hours will be noon to 10 p.m. and Sunday's will be noon to 7 p.m. There will be food for sale, live music, games, raffles and fun, with a menudo breakfast planned for 8 a.m. on Sunday only. The church is located at 1321 Anna Street and can be reached at 371-1211.

Independent learning

Students in 7th through 12th grades pursuing a high school diploma, earning credits towards a G.E.D., or who wish to be involved in an academic support program may apply for a new independent study program provided by Sierra Innovations Services, a public school charter, at the Collings Teen Center. A program is also available to help those who have not passed the state high school exit exam. Free. Call the teen center, 375-0681.

Retire that flag

Raley's stores will partner with American Legion Post 447 and Amerit to provide a way to respectfully retire worn or torn American flags. Customers may bring their old flags to any Raley's store or other member of the chain (there is a Raley's near West Capitol and Westacre in West Sacramento). The program lasts through Sept. 4. Flag etiquette sheets will also be available on site.

Old computers

Donate your surplus computers for charity. You can drop off a computer (minimum: Pentium II, 250 megaherz, a mouse, mouse pad, keyboard, or cash) at the teen center on Merkley Avenue next to the post office. The "Computers4Kids" program is a collaboration of the teen center, Chamber of Commerce, school district, county office of education, city college and local businesses. Equipment may help local schoolkids or businesses. Call Lewis Bair, 916-806-6447, to schedule a drop-off appointment. Donations may be tax-deductible.

Have you seen this dog? Small German shepard sought after boy is bit

Yolo County Health Department officials are looking for a German shepard puppy and its owner after a boy was bitten by the dog in West Sacramento on July 21.

Examination of the dog is important for rabies prevention.

The incident happened on Randolph Road, in the Gateway subdivision near Jefferson Boulevard and South River Road in the Southport area.

The boy was riding his bike at the time.

The dog is described as a brown puppy. Anyone familiar with the animal is asked to call (530) 666-8646 or (530) 668-5287.

In a separate rabies-related matter, the health department reports that a dead bat found near the flagpole of Lee Junior High School in Woodland has tested positive for rabies.

The department asks parents to make sure their kids know they should not touch sick or dead animals -- particularly bats. Likewise, pet owners should try to prevent their pets from having contact with such animals.

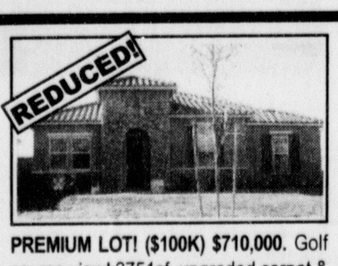
If contact is made with a bat, tell your health professional (or your vet if the contact is made by a pet).

Any bat bites should be reported to the Yolo County Health Department at (530) 666-8646, or after hours to (530) 666-8920.

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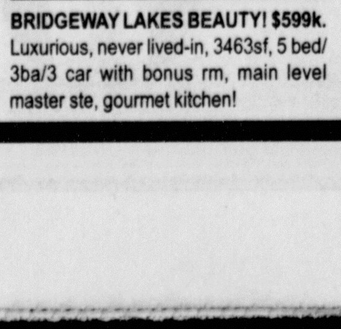

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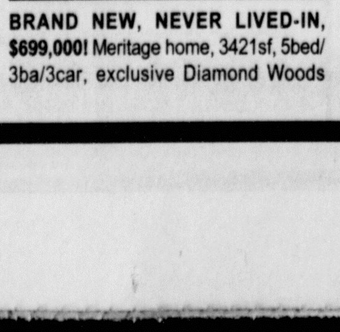

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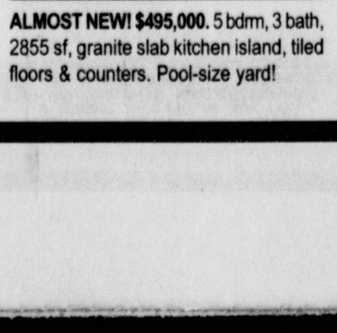

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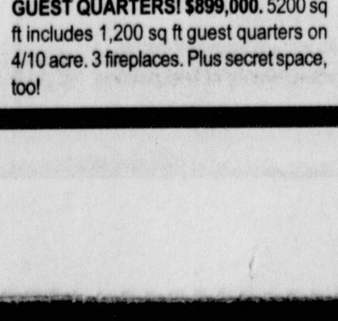

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